UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

PROGRAM HOUSEKEEPERS' CHAT RELEASE Tues. Mar. 1.

NOT FOR PUBLICATION

ANNOUNCEMENT: Hints on making children's clothes, remodeling kitchens, and serving afternoon tea comprise Aunt Sammy's Chat. Information approved by the U. S. Bureau of Home Economics. Those who do not have a copy of the Radio Cookbook may secure one by writing to Aunt Sammy, in care of Station _____. The radio cookbooks, which contain all the recipes and menus broadcast by Aunt Sammy, are sent free to radio friends of this station.

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It's been a long time since I've told you about our Neighborhood Sewing club. The truth is, I've been too busy planning radio programs to attend the meetings, till last week. Since it was my turn to entertain the club, I couldn't beg off with the old excuse of "too much work".

Last week the women prepared a surprise shower for a certain member of our group. Making fine tucks by hand, and working tiny buttonholes, can be an engrossing task when enlivened by sprightly conversation. And you know that a group of old friends can't get together without engaging in sprightly conversation. Sometimes it's almost too sprightly.

Mrs. Jane, who is an excellent housekeeper, takes great pride in her sewing. I wish you could see how neatly she finishes seams, and how even and dainty her featherstitching is. All of us praised her exquisite needlework.

"I'm not always so painstaking," explained Mrs. Jane. "Yesterday I made two dresses for Betty Lou, and I didn't finish a single seam by hand. I made the dresses bloomer style, and finished the seams with a pinking machine. You'd be surprised, how much time I saved, and the dresses are just as neat and serviceable as if the seams had been trimmed and stitched on the wrong side."

"Seems to me", said Mrs. Smith, "that children's clothes are prettier and simpler, every year. In the summer time my youngsters wear bloomer dresses too. The bloomers take the place of two garments children used to wear --- petticoats and panties. Since learning about the value of sunshine, I have decided to dress the youngsters this summer so that theymay get the full benefit of the sunshine. Short sleeves or no sleeves, low necks, and half hose or no hose, for the warm weather. The beneficial effect of sunlight is not obtained unless the rays reach the child's skin directly, and too much clothing keeps out the ultra-violet rays which help prevent the disease known as rickets. I want no 'rickets' in my family!" concluded Mrs. Smith, so forcefully that a spool of thread, white, Number 80, hopped out her apron pocket.

[illegible]

"Your idea is commendable," said Mrs. Jane. "Let your children have all the sunshine they can get -- direct sunshine. But speaking of bloomers for children, how do you fasten the bloomers?"

"The correct way!" said Mrs. Smith, triumphantly. "I do not use elast around the waist; it might be injurious. Elastic must be rather tight to kee bloomers in position, and this is not good for children. I button the bloomers to underwaists, whichhang from the shoulders. I make the shoulder stfaps at least two inches wide, fitting rather closely to the neck, so they won't slip off the shoulders."

"That's right", said Mrs. Jane. "I favor loose leg bands, too, instead of elastic in the bloomer legs. I read the other day that tight garters, and elastic bands retard the flow of blood, and this may produce serious difficulties later in life. Another thing I've learned, by experience. Make children's bloomers with plenty of room between the waistline and the crotch, and wide between the legs. This insures freedom, and avoids tearing out at the crotch. If the bloomers are too long, between the waist and the crotch, insert a tuck. At the rate children grow, the tuck can be taken out after a while".

"Pardon me for interrupting," said Mary Alice, "but unless we change the subject, I'll never get a chance to talk. And I want to describe my new kitchen shelf, over the worktable. I've read so much lately about the number of miles we women travel in a day, doing our housework, that I was worried. You know I'm not so practical as Mrs. Jane. When I prepare a meal, I usually spend five or ten minutes hunting for a measuring cup, or a can opener, or a potato masher. By the time I've found the potato masher, the potatoes may be soggy and lukewarm. But I have turned over a new leaf. I entered my old-fashioned kitchen the other day and scrutinized it with cold and critical eye. The sink was in one corner, the worktable in another. How absolutely unkind, I thought to myself, to keep two friends, with so much in common, so far removed from one another. Straightway I moved the worktable over by the sink, on the right side of it. I found that my greatest need was a shelf above the worktable, where I could group small equipment. Up in the attic I discovered an old-fashioned shelf -- one that I used for highly -decorated plates and cups when I was newly married. I hung the shelf over the worktable. On the shelf I placed a flour shaker, measuring cup, box of recipes, and a pair of scales. Under the shelf, on a row of hooks, I hung my can opener, potato masher, pancake turner, scissors, strainer, egg beater, cooking spoon, paring knife, and a longhandled fork.

"My husband was so proud of my resourcefulness that he boughtme a wire dish drainer. Then, being inspired anew, Ihad him put a four-inch shelf above the sink, so I wouldn't have to wander around the kitchen hunting for a dish mop. On the shelf, above the sink, I keep cleaning materials. Under the shelf, on small hooks, I hang my dish mop, plate scraper, and various cleaning brushes. Nomore kitchen marathons for me! Efficiency, thy name is Mary Alice! Is it not so, Aunt Sammy?"

"You're all right", I said, "as far as you go. You showed good judgement in grouping dish-washing utensils around the sink, and utensils for preparing food around your work-table. Go on with the good work. Plan a cooking center. That is, group your frying pans, pan covers, salt and pepper and so forth, near the stove. Plan a serving center, with table china, glassware, silver, electric toaster, and so forth. I'll get you a booklet on convenient kitchens, which illustrates well-planned kitchens and working centers."

"I want one too," said Mrs. Jane. "I read an article recently about a group of women who were interested in making over their kitchens. They drew a floor plan of an ordinary kitchen, on paper. Then one member was asked to trace her usual route in preparing mashed potatoes. With string and thumb tacks she started, leaving a trail of string on the paper floor plan. She went from the kitchen to the cellar for the potatoes, from the cellar to the sink, then to the pantry for the cooking kettle, then back to the pantry for the lid, then back again for the salt, then to the range, then to the ice box for milk and butter, and again to the pantry for the potato masher. 'Too many wasted steps', said the women, and they moved equipment on the floor plan. After the changes were made, a second woman took a piece of string and traced her way, preparing mashed potatoes. The differences in the length of the string told the tale".

"I'd need two balls of string and a box of thumb tacks," said Mary Alice, "to trace my way around my kitchen, preparing three meals a day. What's the name of that bulletin you mentioned, Aunt Sammy? I want to write it down".

I told her the name of the bulletin, which is "Convenient Kitchens," and then Mary Alice helped me serve refreshments. Would you like to know what I served for tea? Nothing unusual: sandwiches, cookies, and tea with sliced lemon

I served two kinds of sandwiches: lettuce and pimento cheese. For the lettuce sandwiches, I put fresh crisp lettuce leaves between slices of buttered graham bread, cut in long strips for variety. The pimento cheese sandwiches I made by combining cream cheese, canned pimentos, and enough mayonnaise to spread nicely. I spread the filling on thin buttered slices of white bread.

I made thin crisp cookies and cut the dough with a cooky cutter. With a thimble, in half of the cookies I cut three holes arranged like a clover leaf. Then, when they were all baked, I spread the plain cookies with jelly or marmalade and laid the cut-out cookies on the spread ones. The jelly and marmalade showed through the holes and made very attractive cookies.

With the tea, I served lemon. The lemon was sliced fairly thick, each slice was cut in half, and into each piece of lemon I stuck a clove. This was the first time, since Christmas, that I had found an opportunity to use my new lemon plate and the silver lemon fork.

Shall I repeat the tea menu? Lettuce sandwiches, pimento cheese sandwiches, clover leaf cookies and tea with lemon.

By the way, if you want the kitchen bulletin I mentioned, please write to me. This bulletin was so popular that the first supply was exhausted two weeks ago, but a new supply has been printed. "Convenient Kitchens" is the name, and Fifteen-Thirteen-F is the number. The bulletin is free.

UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

HOUSEKEEPERS' CHAT

Wed. Mar. 2.

PROGRAM..... RELEASE.....

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Gn 3 Ahr

NOT FOR PUBLICATION

ANNOUNCEMENT: Something new in the menu line today -- fricasseed chicken with dumplings. Menu and recipes from the U. S. Bureau of Home Economics.

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I had a curious dream last night. It may have been the effect of the dill pickles we had for supper, although I have eaten a whole dill pickle before, without dreaming such a curious dream.

It seemed to me that I had a question I couldn't answer. Someone had written me this letter:

"Dear Aunt Sammy: Jonathan and I have been married 47 years. We have worked together, and played together. Never an unkind word did I hear from Jonathan, till last night. 'Arabella,' said he, 'I won't be home for supper tonight. I'm a goin' up to Oley's restaurant.' Without another word, he cranked the car, and was gone. Can you tell me why, after eating my cooking three times a day, for 47 years, Jonathan treated me like that?"

I dreamed I took the letter to the Bureau of Home Economics. All the specialists were deeply concerned.

"Perhaps Arabella burned the breakfast bacon," suggested the recipe specialist. "Or hid his pipe," suggested a very young specialist. "I know what's the matter," insisted the curtain specialist, "Arabella's kitchen curtains are a dreary blue, and they ought to be a sunshiny yellow"!

But surely Jonathan isn't a sensitive sort, I argued, and took the letter to the vitamin specialist. "His wife doesn't feed him enough spinach"! said she.

"Possible, but not probable," said I, in a high and mighty manner. "surely everybody in this modern day knows the value of spinach as a source of vitamins!"

Then it seemed to me I was reading the letter to Uncle Ebenezer, who is old and full of wisdom. "Uncle Ebenezer," said I, "why, did Jonathan suddenly leave Arabella, after eating her cooking three times a day for 47 years?"

"Because," said Uncle Ebenezer, "because for forty-seven years, Arabella has been giving Jonathan bread pudding for dessert, and the old gentleman just naturally got fed up on it! I mean he got tired of it. Fix him one of these fancy new desserts, and he'll come home".

[illegible]

[illegible]

[illegible]

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[illegible]

[illegible]

"Coffee gelatin with whipped cream!" I shouted, and then I awakened, to hear Fred calling,"Get up, Aunt Sammy! the coffee's already made. Can't you smell it?"

After breakfast I planned a dinner menu, and strange as it seems, I couldn't think of a thing for dessert but Coffee Gelatin with Whipped Cream. I hope you will like it, because it's the only dessert I can suggest today. The entire menu is this: Fricasseed chicken with dumplings; canned asparagus; mashed carrots; fresh celery; and coffee gelatin with cream. Don't you think that meal would please Jonathan, if he had deserted Arabella because he grew tired of her cooking?

Substitute other vegetables, if you don't have the ones I mentioned. But don't change the dessert,unless, of course,you can think of one you like better.

Now let me tell you how to prepare fricasseed chicken. Those of you who know how to prepare fricasseed chicken may read the paper while I'm talking. If the fowl is not a very tender one, fricasseeing is just the method for cooking it. Fricasseeing is a combination of two cooking processes ---- sauteing, and stewing or steaming. The food is first sauted, or browned in a small amount of hot fat, and then stewed or steamed. Dress the fowl, and cut it into pieces for serving. Then roll each piece in flour, and brown it in hot fat. Know why we do that? Browning the chicken, before cooking it, helps retain and develop the flavor. Well-seasoned gravy helps, too. After the pieces of chicken are browned, simmer until tender in enough water to cover. When it's done, take the chicken out and cook the dumplings in the gravy. Serve the chicken inthe center of a platter, with the dumplings around the edge. Pour the gravy over the chicken. That's an attractive dish, by the way.

Here's my recipe for dumplings, five ingredients:

1 cup flour, sifted
2-1/2 teaspoons baking powder
1/2 teaspoon salt
1 egg
5-1/2 tablespoon milk

Five ingredients for dumplings, again. (Repeat ingredients).

Sift the flour, baking powder, and salt together. Beat the eggs well add the milk, and mix with the dry ingredients. Drop by small spoonfuls into the soup or stew mixture. Cover lightly and cook for 15 minutes. The top must not be removed while the dumplings are cooking. If the steam escapes the dumplings will not be light.

The vegetables for our chicken dinner are canned asparagus, mashed carrots, and raw celery.

We need the carrots in this vegetable combination, to furnish a little color, as well as for their food value, And a sprig or two of parsley on the fricasseed chicken would be pleasing.

Now we're ready for the coffee gelatin with whipped cream. This dessert is made in the proportion of two tablespoons of gelatin, one-half cup of sugar, and one quart of coffee. Dissolve the gelatin in about one tablespoon of cold water, and then combine it with the sugar and hot coffee. And don't forget a pinch of salt, about an eighth of a teaspoonful. I'll repeat the ingredients for coffee gelatin: two tablespoons gelatin, one-half cup sugar, one quart of hot coffee, and a pinch of salt. Serve with whipped cream, or with plain cream. Or, if preferred, just before the gelatin sets combine it with unwhipped cream and let it stand until firm.

Check the menu now please: Fricasseed Chicken with Dumplings; Canned Asparagus; Mashed Carrots; Fresh Celery; and Coffee Gelatin with Cream, Whipped or plain.

Now--- don't leave just yet please -- a lady in Minneapolis has written me a letter asking three questions. I didn't dream these questions; they're real ones. She wants to know how to keep her bread jar from getting damp on the inside, whether a salad should be served with baked beans, and why sweet potatoes turn black.

First, why does moisture form on the inside of her bread box? Perhaps it's due to insufficient ventilation. If you are using a crockery jar as a bread container, you should cover the jar with a metal lid, which has a few air-holes punched in it. A tin bread box always has a few ventilating holes in each end. Of course, if you store your bread while it is still hot; moisture will form in spite of the openings. Bread should be allowed to cool on a wire rack covered with a clean cloth, until the loaves are cool, all the way through. This takes from three to four hours, for an average size loaf, depending upon the room temperature.

Question Number Two next. I'm a logical person and I answer questions in logical order. Question Number two: "Should I serve a salad with baked beans"?

It is very desirable to serve salad with baked beans, because beans are so rich. A crisp salad, such as cold slaw, or a cabbage and fruit combination, such as cabbage and raisins, or cabbage and apples, is very good. You might prefer a Waldorf salad made of cabbage, celery, and chopped nuts. A fresh Tomato salad would be good with baked beans, or a tomato aspic salad. I'll plan a menu sometime soon, with baked beans as the main dish.

Question Number Three: "Why do sweet potatoes turn black after they are cooked?" Some sweet potatoes do turn black on cooking, and I know of no way to prevent it. The dark color is due to a gummy substance in the potato, which varies with the variety.

Here's a question from Massachusetts: "Should raisins and currents be washed before they are used in cooking?"

I would always wash dry raisins and currants, especially if I bought them in bulk. They are often very sandy. The sticky or seeded raisins which come in sealed packages may be used without washing. They are packed under sanitary conditions, and are ready for use when purchased.

One more question, from Gary, Indiana: "Why does my pie crust shrink down to a flat cake when Imake a shell for lemon or other filled pies?"

I think you will always have better success if you bake your pie crust which is to be used for custard pie, onthe back of the pie pan. Make sure that a little dough is allowed on the edge, for shrinkage. Pie crusts can be baked successfuly on the inside of the pan if the sides are deep and straight enough and if sufficient dough is allowed to press well over the edge.

That's all for today. I may have another recipe tomorrow -- perhaps a recipe for spice cake.

[illegible] a question from Massachusetts: "[illegible] are currants [illegible] a food [illegible] are used in cooking?"

[illegible] dry raisins and currants, [illegible] I bought [illegible] very candy. The stalks [illegible] raisins which [illegible] be used without washing. [illegible] under [illegible] and are ready for use when purchased.

[illegible] question, from Gary, Indiana: "Why does a pie crust shrink [illegible] from Ohio: a small [illegible] or other filled pie."

[illegible] always have [illegible] crust [illegible] for custard pie, [illegible] the pie [illegible]. While the [illegible] allowing the edge [illegible] the crust [illegible] in the inside of [illegible] it the crust [illegible] [illegible] through. [illegible] well [illegible].

[illegible] for [illegible] another [illegible] [illegible] [illegible].

UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

PROGRAM..... RELEASE.....

Housekeepers' Chat Thurs., Mar. 3

NOT FOR PUBLICATION

 ANNOUNCEMENT: More advice on how to save time and steps in the kitchen in today's program. Also a recipe, from the U.S. Bureau of Home Economics.

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Yesterday morning, while I was sewing up the buttonholes in a wool sweater of Billy's, so they wouldn't stretch when I washed it, my Next-Door Neighbor ran over to get my recipe for spice cake.

"Sit down," I said, "and tell me why you were doing so much hammering at your house last night."

"Hammering?" said my Next-Door Neighbor. "That wasn't I. That was my husband. He is making me a wheeled tray."

"Very nice," said I, "but I thought your husband didn't like to make 'useful things for the house.'"

"He doesn't," said my Neighbor cheerfully, "but he is very fond of home cooking. I told him if he didn't make me a wheeled tray, he might just as well stay down town and eat dinner at the Stumble Inn. 'Bring me the hammer and the nails,' said he, with a sigh,

'Where is the man who has the power and skill
To stem the torrent of a woman's will?
For if she will, she will, you may depend on't;
And if she won't, she won't; so there's an end on't.'

"I was so pleased with him," concluded my Neighbor, "that I'm going to bake him a spice cake for dinner. He simply adores spice cake!"

"Don't be effusive," I said, taking down the measurements of the sweater, so I could stretch it to its original size, after it was washed. "Tell me why you suddenly felt the need of a serving tray, when you have done without it, all these years."

"'All these years,'" repeated my Next-Door Neighbor, "therein lies the tragedy of my life! 'All these years' I have been wasting half an hour each meal, an hour and a half a day, and three weeks a year, washing my dishes. You know I keep my china in the dining room. After each meal, I carry the dishes from the dining room, two or three pieces at a time, and stack them

[illegible] Delight

[illegible] Here [illegible] in the kitchen [illegible] from the U.S. Bureau of Home Economics.

[illegible]

[illegible] month, while I was [illegible] in the brownholes in a usual [illegible], [illegible] when I broken it, by Next-Door [illegible] over to [illegible] in spice cake.

"[illegible]," I said, [illegible] why you were doing so much [illegible] [illegible] hours [illegible].

"[illegible] was my Next-Door Delight. [illegible] [illegible] [illegible] me a [illegible]."

"[illegible]," said I, "but I thought your husband didn't like to [illegible] [illegible] for [illegible]."

"He [illegible] said my neighbor observingly. "But he is very fond of [illegible] cooking. I think in his [illegible] makes me a [illegible] they. He might [illegible] will stay [illegible] at dinner at the [illegible]. [illegible] [illegible] and the [illegible]," said he, with a sigh.

"There is the man who has the power and skill
To stem the torrent of a woman's will;
For if she wills, she wills; you can't depend on's;
And if she wonts, she wonts; no there's no end [illegible]

"I [illegible] pleased with him," concluded my neighbor, "but I'm going to take [illegible] some for dinner. [illegible] simply adores spice [illegible]."

"Don't [illegible]," I said. [illegible] from the [illegible] [illegible] [illegible], so I could [illegible] it to its original size, [illegible] [illegible] [illegible] [illegible] with [illegible] the mood of a [illegible] [illegible] [illegible] [illegible], all these years."

"All these years," repeated my Next-Door Delight [illegible], "[illegible] [illegible] [illegible] my life! All these years I have been [illegible] [illegible] [illegible] [illegible] and a half a day, and three meals a year, [illegible] [illegible] [illegible] I been my chins in the dishpan, [illegible] [illegible] each meal, [illegible] [illegible] from the dishpan [illegible], two or three places at a time, and [illegible] [illegible]

in the kitchen, wherever there's room to stack. Then, when they're washed and dried, I carry the dishes back to the dining room, again. Such a waste of steps!

"With a wheeled tray, I can bring all the dishes from the dining room at the same time. I will clean them, and stack them on the right side of the sink, in an orderly way. I will place my dish pan in the sink, and wash the dishes. I will stack them on the left side of the sink, Then, when they're dried, I will place them on the wheeled tray, and trundle all of them back to the dining room, at the same time. And I save," she concluded, "more than three weeks a year."

"That's fine," I said, washing Billy's sweater in a lukewarm suds. "There seems to be a universal interest in saving steps in the kitchen, this season. The interest in kitchens would almost warrant a National Kitchen Week."

"Why not?" asked my Neighbor, enthusiastically. "Why don't you start something like a national Kitchen Week? 'Better Kitchens Make Happy Housewives.' You might sponsor a nation-wide 'Back to the Kitchen' movement, and get your picture in the paper!"

"Don't be silly," I said. "The idea is not to get women back to the kitchen, but to arrange the kitchen so that we can have time to spend out of it. Our newly-awakened interest in well-planned kitchens doesn't mean that we want to shirk our duties. Most of us realize that convenience counts more in the kitchen than in any other room in the house. The kitchen is our workroom. In most families at least 1,000 meals are cooked during the year. Surely, for any job that comes as often as getting three meals a day, every step-saving, time-saving arrangement possible, should be included in the plan and the equipment."

"Of course," said my Neighbor. "Everybody knows that. But what do you consider the most important points that make for convenience in a kitchen?"

"Well," said I, rinsing the sweater in several changes of lukewarm water, "first, last, and in between times, when you are planning and equipping a kitchen, think about the work to be done in it. Don't make the room too big. A large, spacious kitchen is paid for im miles of steps. Make the kitchen oblong, so there will be no more floor space than is actually needed.

"Study the relation of the kitchen to the rest of the house. Make a direct connection from kitchen to dining room, in the common wall between them. See to it that there is easy access to front and back doors, to the telephone, to the stairs, and to the second floor.

"Arrange for adequate ventilation in all weathers, and for good lighting at all work centers, at night as well as during the day.

"Screen the windows and doors against household pests. Flies especially, are a menace to health.

"Choose finishes for the floor, the walls, and the woodwork, that are durable, suitable in color, and easy to keep clean.

"Select furnishings that fit the wall and floor space, and will pay for themselves in usefulness. Weigh the pros and cons of built-in or movable pieces, and compare prices carefully.

"Make sure that there is an abundant supply of hot and cold running water, and a sanitary drainage system.

"Decide on the most comfortable height of working surfaces.

"Group all equipment, large and small, into compact work centers, for preparation of raw food, cooking, serving, clearing away and dishwashing, and any other activities done regularly and often in the kitchen.

"Arrange these groups from left to right, following the order in which the various jobs are done.

"Remember that the kitchen is above all else a place to prepare and serve food. Limit the kitchen to this use, if possible, and arrange for laundering and such work to be done in another place."

At this point my Neighbor interrupted me. "Why don't you practice what you preach, Aunt Sammy? You advise doing the laundry in some place other than the kitchen, but you have just finished washing Billy's sweater in the kitchen."

"Certainly," said I. "You wouldn't expect me to leave the kitchen, when I have a guest. Wait just a minute, now, till I finish this sweater, and I'll tell you my recipe for spice cake."

I spread the sweater, back down, with sleeves outstretched, on several thicknesses of clean soft material, laid flat. Then I measured the sweater, shaped it according to the dimensions taken before I washed it, and pinned it, in places where it was inclined to shrink.

"Neatly done," commented my neighbor. "Now please give me a recipe for spice cake that will prove to my husband that I appreciate his work on the wheeled tray. I want a spice cake with coffee in it, and at least three different spices."

"Your request will be granted," I said. "Here is the recipe, one which I got last week from the Bureau of Home Economics. It's been tasted and tested, and pronounced good. The recipe calls for eleven ingredients, so you'll have to give me your full and undivided attention, while I give it to you."

H.C. 3/3/27

This is the recipe for spice cake that I gave my neighbor. Eleven ingredients:

1-1/2 cups sugar
3/4 cup butter
3 eggs
3 cups flour
3/4 cup coffee
3 teaspoons baking powder
1 teaspoon salt
1-1/2 teaspoon cinnamon
1/2 teaspoon nutmeg
1/4 teaspoon cloves
1 teaspoon vanilla

Eleven ingredients. Check them please. (Repeat ingredients)

Cream the butter and sugar, add the eggs, one at a time, and beat well. Mix and sift the dry ingredients. Add them to the liquid mixture. Add the vanilla. Bake either in a loaf or in layers. Ice with vanilla frosting.

I have broadcast twice the recipe for Vanilla frosting. If you failed to hear the recipe when it was broadcast, write for a copy of the free Radio Cookbook, which contains this recipe and a good many others. Tomorrow I shall broadcast a dinner menu, including a pot roast.

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UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

Housekeepers' Chats — Fri. Mar 4.

PROGRAM ..... RELEASE .....

NOT FOR PUBLICATION

ANNOUNCEMENT: Vitamins - What they are and where they are found - are discussed in today's chat. The menu is built around a pot roast, and the recipes are approved by the U. S. Bureau of Home Economics.

* * *

I thought I was going to have a very easy time today, discussing spring housecleaning, new curtains for the dining room, and refinishing furniture. But I can't talk about spring housecleaning till next week.

A listener in Arkansas, who has four children, writes me this letter:

"Dear Aunt Sammy: If it isn't too much trouble, I wish you would tell us about vitamins -- what they are, and where they are found. I want to be sure that my children are getting the foods they should have this spring, and I have been told they must have foods rich in vitamins."

That's the letter, which influenced me to postpone my housecleaning talk. Perhaps it's just as well -- a knowledge of vitamins, what they are and where they are found, may be more important than knowing how to refinish a rocking chair.

If you will hearken back to your school days, you will remember that the first thing the teacher gave you was a definition. It was almost impossible to begin a class discussion without a definition of something -- like "an island is a body of land entirely surrounded by water."

Our definition of vitamins is not quite so simple as that, but it is a good definition, nevertheless, and worth jotting down, if you care to keep it in your radio notebook.

"Vitamins are substances of unknown composition, which exist in minute quantities, in the natural foods, and are necessary to normal nutrition and growth."

I'm going to say that again, if you don't mind.

"Vitamins are substances of unknown composition, which exist in minute quantities, in the natural foods, and are necessary to normal nutrition and growth."

The five vitamins that we know anything about are called A,B,C,D, and E.

Let's consider Vitamin A first. The best source of Vitamin A are butter, whole milk, yolk of egg, green-leaf vegetables, codliver oil and glandular organs, such as the heart, liver, and sweetbreads.

According to the nutrition specialists, Vitamin A must be supplied in liberal proportions, not only during childhood, but in the food of the adult as as well, if a condition of nutrition, and a high degree of health and vigor, are tobe maintained. When a supply of Vitamin A is inadequate, we may become susceptible to such infectious diseases as the common cold, and to bronchial and lung troubles.

That's all for Vitamin A, which is found in milk, butter, eggs, green-leaf vegetables, codliver oil, and glandular organs.

Vitamin B next. The best sources of Vitamin B are tubers and root vegetables, leafy vegetables, milk, fruits, cereals grains, yeast, nuts, and glandular organs such as kidneys, liver, and sweetbreads.

A lack of Vitamin B causes general weakness, loss of appetite, and lowered resistance to disease. Scientists have found that there is a marked relation between the amount of vitamin B in the diet, and keenness of appetite.

Next, let's consider C, another vitamin which is necessary if we are to maintain normal health. The best sources of Vitamin C are fruits -- such as lemons, oranges, pineapple, fresh or canned, respberries, fresh or canned, grapefruit, apples, bananas, peaches, and strawberries; and vegetables -- tomatoes, cabbage, lettuce, and green-leaf vegetables.

There is one fact we should know in connection with Vitamin C. Cooking tends to decrease the Vitamin C content of food, by dissolving out the vitamin, and estroying it through oxidation. Tomatoes and acid fruits are an exception to this rule. Tomatoes are an excellent source of all three vitamins, A, B, and C, and they are just as good a source canned as raw.

Now, since cooking tends to decrease the Vitamin C content of food, we have substituted rapid cooking for the old-time slow cooking. We use as little water as possible, and save the water for gravies, sauces, and so forth. And, to be sure we are on the safe side, as far as Vitamin C is concerned, we serve raw fruits and vegetables, frequently.

So much for Vitamin C.

The fourth vitamin is D, which is found in egg yolk, codliver oil, and foods which have been treated with ultra-violet rays, the rays which are found in direct sunshine.

Vitamin D is very important. A lack of vitamin D, and a lack of sufficient direct sunlight, tend to cause rickets, a disease very common among children. It is characterized by enlargement of the joints,

softening of the bones; and bending of the bones. Rickets is caused chiefly by poorly-balanced proportions of lime and phosphorous in the diet, or inability to use them properly. Vitamin D seems to enable the body to use these minerals, in the correct proportions.

Sunlight is in effect a substitute for Vitamin D. Experiments have shown that sunshine is effective in curing and preventing rickets. The ultra-violet rays in the sunshine are responsible for this action.

There is much more which might be said of Vitamin D and direct sunshine, but that belongs in another program.

The fifth vitamin, Vitamin E, is associated with reproduction. The best sources of Vitamin E are whole grains, vegetable oils, and green leaves. Vitamin E is so widely distributed in nature, that there is probably no danger of the ordinary diet being deficient in it.

A summary of the information I've given you shows that the five vitamins -- A, B, C, D, and E-- are widely distributed in natural food products. Therefore, it is very probable that the vitamin requirements of the average person are fully met by a well chosen diet, which includes plenty of milk, eggs, fruit, tomatoes, and green leafy vegetables. We cannot buy our vitamins in the corner drug store, but we can grow them in our gardens, or find them in the market.

I know you have heard enough about vitamins for today, and now we'll consider a menu.

Today's dinner includes Pot Roast of Beef; Browned Parsnips; Scalloped Tomatoes; Pickle; and old-fashioned Creamy Rice Pudding.

A pot roast is one of the most satisfactory of meat dishes. The various cuts of beef, as every experienced housewife knows, come under two classes, the tender cuts and the tougher cuts. The tender cuts are the loins and the ribs. The tougher cuts are the rump, the round, the flank, the plate, the chuck, the brisket, the shank, the neck, and shortribs. The tougher cuts can be made into delicious meat dishes, of just as high food value as the tender, higher price cuts. The tough cuts simply require longer, slower cooking, with moisture added.

Good cuts for a pot roast are the rump, the round, and the chuck. With vegetables, and a tasty dessert, we can make a wholesome, appetizing, dinner, based on a pot roast.

To prepare the roast, first wipe the meat. Dredge it with flour, and salt. Then sear the meat-- that is, brown it in a little hot fat-- in an iron kettle. If desired, add a little onion to the fat in which the meat is seared. When the entire surface of the meat is browned, add hot water, cover the kettle tightly, and let the meat cook at a low temperature until tender. Turn the meat several times while it is cooking. Don't let

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[illegible]

it cook dry, but add only enough water to keep it from burning.

With the meat, we are serving browned parsnips. To prepare the parsnips, cook them in lightly salted water, peel them, split lengthwise, and pull out the woody cores. Arrange the parsnips around the pot roast when it is about half done, and let the parsnips brown and absorb flavor from the meat.

Scalloped tomatoes and pickle complete the main part of the dinner.

You may want a recipe for old-fashioned creamy rice pudding. This dessert, because of the large quantity of milk it contains, is particularly good for children. There are five ingredients:

1 tablespoon uncooked rice
1 quart milk
1/3 cup sugar
1/8 teaspoon nutmeg or cinnamon
1 teaspoon salt

Five ingredients, please (repeat ingredients)

Wash the rice. Add the other ingredients. Pour the mixture into a good-sized baking dish. Cook in the oven slowly for two or three hours, stirring frequently. If allowed to cook slowly, the milk thickens to a creamy consistency, and the rice swells to several times its original size. If double the quantity of rice is used, the mixture does not require such long cooking, as the rice, in swelling, thickens the liquid more rapidly, but the product is not so creamy. Often a half cup of raisins is added to the pudding and allowed to cook down with the milk.

That concludes the menu: Pot Roast of Beef; Browned Parships; Scalloped Tomatoes; Pickle; and old fashioned Creamy Rice Pudding.

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UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

PROGRAM Housekeepers' Chats RELEASE Mon. Mar. 7/27.

119
9-13 Hh

(NOT FOR PUBLICATION)

ANNOUNCEMENT: Aunt Sammy has joined the countless number who keep a diary--for a day. In her diary she reveals a lunch or supper menu, and a recipe for oatmeal cookies, from the U. S. Bureau of Home Economics.

---ooOoo---

Yesterday while reading the Sunday paper, I was struck with the bitter realization that I was sadly behind the times-- old-fashioned, not to say an "old fogey." It seems that all the up-to-date people are keeping diaries, and I haven't kept a single diary! I determined immediately that something must be done. In this age of efficiency, as soon as one decides that something must be done, one must do something.

"Aunt Sammy", I urged myself, "if you want to make a name for yourself, and keep it on the front pages of the daily papers, for any length of time, you must write a diary."

No sooner said than started. I began with Saturday morning and I kept a diary for one day. All rights of publication reserved, till I see what you have to offer. I will tell you now, so you may have pencil and paper handy, that there are two recipes in my diary. Everybody ready now, to listen?

Saturday morning, 7 o'clock: Up betimes, to prepare breakfast for family of five. Served stewed prunes, whole wheat cereal with milk, toast, and eggs scrambled in the top part of the double boiler, over boiling water, to keep them from being tough and leathery. Am glad the price of eggs is falling. Served milk for the children, and coffee for the rest of the family.

Nine o'clock: My housework done, I went to town, to buy material for Sally Jean's new frock. Wore my blue silk-and-straw hat, which cost a goodly sum, and looks quite "ritzy". Carried my black silk umbrella, lest a sudden shower should come up and ruin my hat. Was attracted by a display of spring dress-goods in a shop window. Went in and inquired what patterns will be worn this spring.

"In crepe de chine, radium, and chiffon", said the salesgirl, "we are showing tiny, old-fashioned patterns, small geometrical designs, and quaint flower designs. We are showing small patterns in printed tub silks, too. We have novelty taffetas in plaids, and in shepherd and broken check effects in new colorings, such as greens, blues, reds, and beiges, which they say are very popular. These changeable taffetas are for party dresses. The plaid taffetas are getting away from the classic 'clan' ideas into more modern two- and three-color effects, although we are showing one plaid taffeta, in many colors."

"What are you showing in wash goods?" I asked her.

"We are showing neat small designs in printed cotton pongee, voile, batiste, and dimity. Some of our embroidered cotton voiles have small floral designs, grouped in clusters or bouquets. They suggest the quaint designs which were popular many years ago. We also have embroidered voiles decorated with dots, in graceful scattered effects, in confetti colorings, and in dots of varied sizes. Ginghams, and solid color linens, are also popular."

I looked at a number of ginghams in small patterns, and bought enough material for two dresses for Sally Jean. As I started out, with my purchase under my arm, I noticed a case of cool, summery, organdies, in tiny checked patterns-- white with red, helio, brown, and blue checks. Unable to resist the organdie, I bought enough of the white with the blue check to make another dress for Sally Jean. Truly, she will be a happy child.

Eleven o'clock: Began to get hungry. Went into a 10 cent store, to buy shoe strings. Was intrigued by an array of amber glass candlesticks, which are just the thing for my yellow candles. Bought the candlesticks at 10 cents apiece, but forgot the shoe strings. Was fascinated by the deft motions of a girl frying "wienies", and a college youth playing "Love's Dream" on a tiny piano. Combination of "wienies", and "Love's Dream" overwhelming. Rushed outside, for breath of fresh air.

Eleven-thirty: Grew hungrier. Went to a Coffee Shop. Ordered a club sandwich, a cup of cocoa, stewed rhubarb, and spice cake. A good lunch or supper menu, I thought, being ever on the watch for good menus. As a matter of habit, repeated the menu to myself: Club Sandwich, cup of cocoa, stewed rhubarb, and spice cake.

Meditated on sandwiches in general, while I ate my lunch. What a marvelous invention-- two pieces of bread, and a filler of whatever-you-please. Probably ranks with the major inventions, yet I have heard of no movement to erect a statue to the fourth Earl of Sandwich. History states that the fourth Earl of Sandwich couldn't tear himself away from a 24-hour card game, long enough to eat his meals, so he had his meals brought to him, in the form of slices of cold beef between pieces of toast.

Examined my club sandwich critically. Found it was made of three slices of toast, cut very thin, and filled with meat and vegetables. On the first slice of toast were arranged lettuce, crisp bacon, sliced tomatoes, and mayonnaise. This was covered with a second piece of toast, on which was a second layer of lettuce, cold sliced chicken, cucumbers, and mayonnaise. The third piece of toast was garnished with parsley.

Decided to serve club sandwiches for Sunday supper, omitting the fresh cucumbers. Fresh tomatoes not being available, one might add chili sauce or catsup to the mayonnaise, or substitute strips of dill pickle, or slices of pickled beet, for the tomatoes. Slices of tomato aspic would also be suitable. And, if one wanted to be original, slices of sour orange, or canned pineapple, would furnish the tartness and juiciness needed in a club sandwich.

Finished the club sandwich and the cocoa, and was ready for dessert-- rhubarb sauce and spice cake. The spice cake had a familiar taste, being spice cake with vanilla frosting.

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Took one bite of the spice cake, and summoned the waitress.

"Young lady", I queried, "how did you come by the recipe for this wonderful spice cake?"

"Over the radio", she said proudly, "Last week. It is from the U. S. Bureau of Home Economics. Why do you ask?"

"Just because", I answered. "I am keeping a diary, and--"

"Oh!" said the girl, looking very much interested, "are you by any chance --"

"Please", I said hurriedly, "give me a dozen oatmeal cookies, like those nice-looking ones in the window."

"Gladly," said the girl. "Would you like a copy of the recipe, to write in your diary? It would make tempting reading, in case your diary is ever discovered, and printed."

Anxious to get my diary filled, for in truth the task was beginning to pall, I copied the recipe for oatmeal cookies, which have eleven ingredients, as follows:

1/2 cup shortening
1 cup sugar
1/2 cup milk
1 cup raisins
1/2 cup chopped nut meats
1-1/2 cup fine oatmeal
1-1/2 cups flour
1 egg
1/2 teaspoon salt
2 teaspoons cinnamon
1/2 teaspoon soda dissolved in 1 teaspoon water

Eleven ingredients: (Repeat)

Cream the butter and sugar, and add the beaten egg. Sift the dry ingredients, except the oatmeal, together and add with the milk to the egg, sugar, and butter mixture. Add the soda which has been dissolved in the water, and then the oatmeal which has been mixed with the nuts and raisins. Mix well. Drop by teaspoonfuls onto a greased baking sheet and bake to a golden brown in a fairly hot oven. Remove from the pan while hot.

"Many thanks", I murmured, when the girl concluded the recipe. After I had left the coffee shop I looked back, to find her gazing at me through the window.

Two-Thirty: Arrived home, cut out a gingham dress for Sally Jean, and had it half done by 5 o'clock.

Five o'clock: Prepared dinner.

Ten o'clock: And so to bed, planning a good program which I shall broadcast tomorrow.

UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

PROGRAM Housekeepers' Chat RELEASE Tues., Mar. 8.

NOT FOR PUBLICATION

ANNOUNCEMENT: A number of questions about housecleaning will be answered today. The dinner menu and the recipes are from the U.S. Bureau of Home Economics.

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Back to questions and answers today. As was to be expected, there are a number of questions about housecleaning.

First, "What is the best way to clean upholstered furniture?

A vacuum cleaner, or a brush, is the most effective tool for cleaning upholstered furniture. A soft brush is best for velvet and velour; a stiffer one for tapestry and other strong, firm materials; and a pointed one for tufted upholstery. If convenient, upholstered furniture should be taken out of doors occasionally, and beaten with a flat carpet beater. It may be cleaned indoors by the following method: Cover the upholstery with a cloth, dipped in water and wrung as dry as possible, then beat with a flat beater. The damp cloth will take up the dust, and prevent its spreading over the room.

Second question: "How should one clean a leather rocking chair?"

Leather furniture coverings last longer and look better if rubbed occasionally with castor oil, or a commercial leather polish, to restore the oil that gradually dries out of the leather. Rub the liquid in well and wipe off any excess; otherwise, this film of oil will darken the leather, and soil whatever touches it.

Third question: "How can I remove paint and varnish which have been spattered on the window pane?"

Paint or varnish spatters on glass may be dissolved with turpentine or alcohol, or rubbed off with a dull knife.

Next question: "How many times a year does a floor need re-waxing?"

Under moderate use, a floor needs re-waxing only two or three times a year. Applying too much wax is a common mistake. The extra wax lies on the surface in a soft coat that collects dust, and is easily marred. To clean a waxed floor, sweep it with a soft brush or a mop entirely free from oil. Oil softens wax, and should never be used on it, in any way. About once a week a waxed floor should be given a more thorough cleaning with a cloth wrung out of warm soapy water, or better still, moistened with tur-

pentine, or gasoline. Water dulls and whitens a waxed floor. Turpentine, or gasoline, dissolves the film of dirty wax on the surface and leaves it bright. However, in using these liquids, remember that they are inflammable.

Last question: "Can you tell me how to clean ordinary plastered and papered walls and ceilings?"

Ordinary plastered and papered walls and ceilings should be cleaned with a soft wall brush, or a broom covered with soft cloth, such as cotton flannel. Use light overlapping strokes in cleaning; heavy strokes rub the dirt in. Cotton batting is good for cleaning places that soil more quickly than the rest, for example, the wall over radiators, registers, and stoves. The wall should be rubbed lightly with the cotton, which should be turned as it becomes soiled.

There are, on the market, commercial pastes and powders for cleaning wall papers, but these should be applied by an expert. An amateur is likely to have a streaked wall if he attempts to use them.

Right here I'd like to say a word about the old-fashioned, tedious, back-breaking method of spring housecleaning, which upset the family routine and made everybody uncomfortable while it lasted. A little cleaning now and then is relished by the best of men, and women, but to make a six-day event of spring housecleaning simply isn't done nowadays. Frequent cleaning saves time and strength in the long run, and is also better for the house and its furnishings. Heavy cleaning may be done a little at a time, to avoid the hard work and discomforts of the old-fashioned spring and fall housecleaning.

I have here a bulletin, called "Housecleaning Made Easier," which will be of benefit to housekeepers who want to do their cleaning in the easiest and most efficient way. The bulletin is free.

Now let's talk about dinner. Last week I suggested pork and beef and chicken. Today, for the sake of variety, I am suggesting lamb, with an unusual stuffing. Indeed, this meat dish is good enough for a company dinner, if you are planning one this week. Remember the rule about lamb and mutton. They should be served hot, from a hot platter, on hot plates.

The menu today is Braised Breast of Lamb with Spinach Stuffing; Creamed Turnips; Mint Jelly; Grapefruit Salad; and Hot Baked Indian Pudding with Vanilla Ice Cream.

Pencils now please, for the braised breast of lamb. Braising-- b-r-a-i-s-i-n-g-- in case you are not familiar with the word, is a combination of two cooking processes-- steaming or stewing, and baking. The food is first stewed or steamed, and then baked.

Here are the directions, for Braised Breast of Lamb: (Read Slowly)

Simmer a breast of lamb in enough salted water to cover, until tender. Remove from the broth, slip the bones out at once, and allow the meat to cool.

Meanwhile, prepare the spinach stuffing. Spread out the breast of lamb, cover with a thin layer of the stuffing, roll it, and tie at both ends with clean white string. Place the rolled meat in a baking pan, sprinkle lightly with flour, pour a cup of the broth around it, and brown in a hot oven. In serving, slice the meat from the end of the roll.

The Special Spinach Stuffing will appeal to the housewife who is looking for new recipes, which are appetizing and nutritious as well as novel. The materials needed for the spinach stuffing are as follows:

2 cups dry bread crumbs
1/2 pound cleaned spinach leaves
4 tablespoons butter
2 tablespoons chopped celery
1 tablespoon chopped green pepper
1 tablespoon chopped onion
1/2 teaspoon salt
1/4 teaspoon pepper

Eight ingredients for spinach stuffing: (Repeat ingredients):

Cut the spinach up as small as possible, after thoroughly washing it. Put it in a pan with the pepper, also minced fine, the onion, and one-half the butter. Cook about 2 minutes-- enough to wilt the spinach slightly, stirring constantly. Then push to one side of the pan, melt the remaining butter in the empty part, and mix with it the bread crumbs, so that they absorb the butter. This is simply an easy way of buttering the crumbs without using another pan. Mix the spinach and crumbs and stir until it is a little dry. The spinach, of course, will become more moist as the stuffing cooks.

Tradition prescribes mint jelly with lamb, but any tart jelly is good. Spiced fruit is also pleasing with mutton or lamb. And don't forget that lamb and mutton must be served hot, because the fat hardens at a higher temperature than other fats.

Now, if you aren't tired of writing recipes, I'll give you one more-- for the hot baked Indian pudding with vinalla ice cream. I am almost ashamed to tell it, at this late date, but the recipe for this old-fashioned Indian pudding was requested several weeks ago, by a listener in West Medford, Massachusetts. I hope she will pardon me, for being so slow, but I couldn't get around to it any sooner.

The recipe is as follows, for old-fashioned hot baked Indian pudding. Five ingredients:

5 cups milk
1/3 cup corn meal
1/2 cup molasses
1 teaspoon salt
1 teaspoon ginger

Five ingredients. Check them please. (Repeat)

Cook milk and meal in a double boiler 20 minutes; add molasses, salt, and ginger; pour into buttered pudding dish and bake 2 hours in slow oven. Serve with cream, or with vanilla ice cream.

The entire menu, again, is Braised Breast of Lamb with Spinach Stuffing; Creamed Turnips; Mint Jelly; Grapefruit Salad; and Hot Baked Indian Pudding with Vanilla Ice Cream.

I haven't mentioned the radio cookbooks for a long time. Another supplement, including pages 60 to 101, is on the press now, and will be mailed in a few days.

There will be some lunch suggestions tomorrow, and a recipe.

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UNITED STATES DEPARTMENT OF AGRICULTURE
Radio Service
OFFICE OF INFORMATION

PROGRAM Housekeepers' Chat RELEASE Wed., Mar. 9.

NOT FOR PUBLICATION

ANNOUNCEMENT: "School Lunches" is the topic for discussion today. There is also a recipe, for fruit jam, from the U. S. Bureau of Home Economics.

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The other day I heard a woman deploring her task of packing three school lunches, five times a week.

"Honestly, I don't know what to do," she declared. "The children say they're tired of sandwiches, and there's nothing else one can pack in a school lunch basket."

I am afraid this woman has little knowledge of the food needs of growing children. I am sure she lacks imagination, or she could put something besides sandwiches, in the lunch baskets.

School lunches present two problems: first, supplying the proper kind and amount of food, and second, preparing and packing it in attractive ways.

Before going further into the school lunch problem, let's consider the foods which should be represented in the daily diet of the growing child.

First, there's milk. At least a pint a day, and more if the child wants it.

Second, eggs, meat, or fish.

Third, fruit. Fresh fruit is best. When fresh fruit cannot be obtained, dried fruit may be used at one meal, and either a little tomato juice or a raw green vegetable, such as lettuce, in another meal.

Fourth, the daily diet should provide some "roughage," or foods which have enough bulk to prevent constipation. "Roughage" is supplied by vegetables and fruits and whole-grain cereals.

Fifth, at one meal there should be a vegetable other than potatoes.

Sixth, butter or cream.

Before planning your spring lunch box menus, make a list of the foods your child eats and see if all six of these different kinds of foods are included, each day: Milk; eggs; meat or fish; vegetables; fruit; whole-grain cereals; and butter or cream.

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Now let's see what foods can be packed in the school lunch box, for the boys and girls who are getting tired of winter menus.

We shall begin with sandwiches, for after all they are one of the most convenient ways of serving several of the needed foods. Sandwiches which are hastily made-- thick slices of bread, no butter, and a mere suspicion of filling-- can be eaten by a child who is very hungry, but they would never tempt a child who is only moderately hungry at lunch time. He is not under compulsion to eat what is in the lunch box, and if the contents are not to his liking, they may be thrown away.

Bread for sandwiches should not be cut too thick. Butter both slices. Butter is one of the foods which should not be omitted from the diet of the growing child. The butter used for sandwiches should be creamed, so that it will form a coating, and prevent the filling from soaking into the bread.

Some time ago I broadcast a number of sandwich suggestions, which have been added to the Radio Cookbook. Here are six more suggestions for sandwich fillings which are quickly prepared and suitable for children.

One. Scrambled eggs and bacon.
Two. Cottage cheese and bacon.
Three. Hard-cooked eggs mixed with sausage.
Four. Butter mixed with strained honey.
Five. Grated American cheese, mixed with salad dressing and chopped celery or pickles.
Six smoked fish, carefully picked over to see that no bones are left in.

When the sandwiches are made, cut them into two or three pieces. They will be easier to handle, and more attractive.

What goes next into the school lunch box? A bottle of milk perhaps, unless the milk is provided at school. Sandwiches and milk are a very good combination for a hungry child.

Fresh fruit is usually included in the lunch box. Almost any kind of ripe fresh fruit is ideal for the noon lunch. I know one mother who occasionally adds a bottle of fresh orange juice to the lunch box. Cooked prunes or figs may be drained from their juice, and wrapped in wax paper.

If it is impossible for a child to have milk at noon, all the more reason for including in his lunch a dessert which contains a large proportion of milk. Puddings which contain milk and eggs are especially desirable. When making a dessert for the family meal, it is an easy matter to make an extra individual pudding for the lunch box. Puddings which appeal to children are tapioca, rice, bread, cornstarch, gelatin and fruit.

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Do not put sweet-filling sandwiches, and cake or cookies in the same lunch box. Simple cookies, such as molasses cookies, and unfrosted cakes, are relished by healthy children whose appetites have not been dulled by too many sweet foods.

It is hardly necessary to repeat that school lunches should be packed as neatly as poaaible, in clean, well-ventilated containers. Paper napkins, waxed paper, paper cups and jelly glasses are part of the school lunch equipment. Paper plates, spoons, and forks are inexpensive, and can be discarded after lunch.

I have not mentioned hot foods, in connection with the school lunch box. However, the most satisfactory noon meal for a school child is one which is supplemented by a hot dish, which can be prepared at school. Many schools are now equipped to serve a hot milk and vegetable soup, or a creamed vegetable, at noon, thus supplying the milk and vegetables which are often omitted from the lunch box.

Records show that in schools where one or more hot foods are served, the scholastic rating is higher, and there are fewer underweight children.

Instead of broadcasting a menu today, I shall give you a recipe, for Prune Jam, which makes an inexpensive, nutritious "spread" for sandwiches. Prune jam contains six ingredients:

2 cups prunes
1-1/2 pints water
2 oranges
1 lemon
1 cup sugar
1/2 teaspoon salt

Six ingredients, for prune jam: (Repeat ingredients)

Soak the prunes overnight in the water. Cook them for ten minutes in the water in which they soaked, then drain and cut them into small pieces. Slice the oranges and lemons very thin and cook them rapidly in the prune juice for 15 minutes. Add the prune pulp, the sugar, and salt, and cook until thick, stirring constantly. Seal in hot, sterile jars.

That's all, for today. I shall have a menu tomorrow, and several recipes.

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UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

PROGRAM Housekeepers' Chat RELEASE Thurs. Mar.10.

(NOT FOR PUBLICATION)

ANNOUNCEMENT: Wholesome meals for children, and a dinner menu for the whole family, approved by the U. S. Bureau of Home Economics.

---ooOoo---

"The other day", writes a mother from Illinois, "you discussed the preparation of school box lunches. But what about lunches for children who come home at noon? I have three children, ranging in age from 8 to 12, who descend upon me promptly at 12:15, 'simply starving.' I am very busy during the mornings, and since my husband does not come home for lunch, I am apt to slight the noon meal. Suggestions on well-balanced home lunches would be appreciated."

Very well, let's see what we can do for the mother whose youngsters come home at noon. The fact that they are "simply starving" when they come home simplifies matters. Children who have good appetites are easily pleased with plain and wholesome food.

The noon meal prepared for the ordinary family is usually suitable for school children. The first course of meat and vegetables, if simply cooked and not highly seasoned, contains nothing that can't be given to children of school age.

Vegetables cooked in their own juices or in water, and seasoned with salt and a little butter or cream, are easy to prepare. Served with a little meat gravy, they are sure to please.

The dessert course of an ordinary dinner is just as good for children as for grown persons, unless it consists of rich pastries, or puddings. Rich desserts may lead to overeating. Suitable desserts are fruit, fresh or cooked, with cake; custards and custard puddings; gelatin dishes; cereal puddings; simple ices; blanc mange; and junket.

Many children who dislike milk will take it in the form of junket. It's particularly good when flavored with caramel, or maple sirup, boiled down.

Many times, when children live far from school, the noon meal must be eaten in such a hurry that the food is almost literally "swallowed whole." If the time for the meal is limited, it should be served promptly, and in such a way that there are no unnecessary delays. The meat, for instance, may be sliced before it is brought to the table. The dessert may be served in cups, or individual portions.

I read an article not long ago on lunches which the busy mother might prepare, with little work. I'm going to read a paragraph from the article:

"If you plan wisely, you can have a hot lunch without having to spend much time in preparation at the last minute. It should be a hot lunch, for active youngsters, running back and forth to school, need a hearty meal at noon. You can, for

instance, cook enough vegetables for dinner the night before to have a cupful or more left over. For lunch, cook them down again after breakfast with a little water, press them through a sieve and add enough milk to make a delicious cream soup. Reheat over hot water at lunch time. Or, make individual dishes of scalloped vegetables with a little white sauce and a sprinkling of cheese on top, set in the refrigerator until almost time for lunch, then slip into the oven long enough to heat through thoroughly and melt the cheese. Another way to prepare them is to marinate them in French dressing and serve as salad on lettuce with mayonnaise. Try to get some green vegetables into the noon meal and the equivalent of at least one glass of milk."

The U. S. Bureau of Home Economics has prepared a list of bills of fare suitable for home lunches for children. These lunches are only typical, and many others just as good might be given. Write them down, if you like:

Lunch Number One: Eggs, boiled, coddled, poached, or scrambled; bread and butter; spinach or other greens; plain cake.

Number Two: Beef stew with vegetables; crisp, thin biscuits; honey.

Number Three: Potato chowder; crackers; sliced oranges; plain cookies.

Number Four: Cold meat; creamed potatoes; peas; bread and butter; apple sauce; plain cake.

Number Five: Milk toast; string beans; stewed apricots and prunes; cake.

Number Six: Lamb chop; baked potatoes; bread and butter; cup custard.

That's a long answer to one question, isn't it? Not too long, however, when one considers the importance of proper food for growing children. Poor nutrition in childhood may lead to poorly developed bodies, weakened constitutions, bad teeth, constipation, indigestion, and many other ailments of adult life. Besides the right kind of food, growing children must have fresh air, sunshine or codliver oil, exercise and rest.

Today's dinner menu is one planned for the whole family, with the children particularly in mind. As a matter of fact, what's good for growing children is usually pretty good for the grown-ups too.

The menu is: Broiled meat cakes; tomatoes stewed with celery; mashed potatoes browned in the oven; whole wheat or graham bread and butter; caramel custard with plain cookies or sweet crackers; and milk to drink, at least for the children.

For the broiled meat cakes for a family of five, you will need about a pound and a half of lean beef. Many persons prefer the round for meat cakes, but lean meat from the less expensive cuts, such as steaks from the fore quarter is satisfactory. Have the meat ground twice. Various kinds of seasonings may, of course, be added, but for children the meat itself with melted butter and salt added just before serving gives flavor enough. If you have an abundance of eggs, a yolk or two added to the meat gives a richer flavor and increases the

food value. This is not at all necessary, however, and excellent meat cakes can be made by simply shaping the finely ground beef into rather flat cakes, and broiling them quickly in a pan, rubbed with just enough suet to keep them from sticking, or broiled under a gas flame or over hot coals. In forming the cakes be sure not to pack the meat together too firmly, for this will make the cakes hard when they are cooked. Be sure also not to over cook the cakes. If they are rare inside when served they will have more flavor and juice.

For very small children, scraped beef is better than ground beef. This is generally prepared by scraping off the more tender part of a thick piece of round steak. This scraped meat may then be formed into cakes and broiled, or broiled on bread in the following way: Toast the bread on one side. Spread the meat thinly on the untoasted side, sprinkle very lightly with salt, dot the meat with butter and broil quickly for a very few minutes directly under a gas flame.

In preparing the stewed tomatoes and celery cook them until they are thick enough to serve right on the plate with the meat cakes. The celery should, of course, be chopped before it is added to the tomatoes. A few drops of onion juice will tone up the flavor.

After the potatoes are mashed and seasoned, beat them until they are light, add one or two well-beaten egg whites if you prefer, and put the potatoes into a greased baking dish and brown the top in a hot oven.

Caramel custard is made like any other custard, either baked or boiled, except that caramelized sugar is used in place of ordinary sugar for sweetening. Sugar can be caramelized easily by placing it in a heavy skillet over slow even heat and stirring it constantly until it melts and becomes a heavy brown sirup. As soon as it reaches this stage take it from the fire at once, and use it for flavoring and sweetening the custard. If you like a stronger caramel flavor pour some of the caramel sirup over the custard when it is served.

Once more, the menu: Broiled Meat Cakes; Tomatoes Stewed with Celery; Mashed Potatoes Browned in the Oven; Whole wheat or graham bread and butter; caramel custard with plain cookies or sweet crackers; and milk--the indispensable beverage for children.

If you'd like to have more information on planning meals for children, write to me. Perhaps I can send you some reliable information which will make your task less arduous. Tell me how old your children are, and whether they take lunches to school or eat three meals at home. And don't forget the cheering news I broadcast yesterday, another supplement of the Radio Cookbook, pages 60 to 101, inclusive, are almost ready to join their sister pages, between the roan-colored covers of the cookbook.

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UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

PROGRAM Housekeepers' Chat RELEASE Fri. Mar. 11/27.

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(NOT FOR PUBLICATION)

ANNOUNCEMENT: Today Aunt Sammy will discuss lines and colors for the "stylish stout". The menu, featuring a delicate cheese souffle, comes from the Bureau of Home Economics.

---ooOoo---

Yesterday afternoon I called on my Next-Door Neighbor, and found her reading, as usual.

"Come in", she said, "and make yourself at home. See what I found in the attic-- an old magazine, printed in 1882. Want to know what the well-dressed business woman was wearing 45 years ago? Then listen to this:

"'If a woman is forced by circumstances to enter business to help her father or brother, she should realize that modesty in dress is in every way obligatory. She must wear a plain black frock, of either ladies' cloth or alpaca. Her skirt must be long enough to cover all of her stocking; the correct length is a trifle below the ankle. She must wear a high-necked collar, her sleeves must be long and close-fitting, buttons on the basque, and a brooch at the throat the only trimming.'

"How romantic!" exclaimed my Neighbor, "and oke how stunning! Plain black alpaca, and skirts a trifle below the ankle. What cheer such a costume would bring to a business office!"

"Don't be sarcastic," I said. "The enlightened women of 45 years hence may scoff at the idea of wearing skirts at all. Dame Fashion makes great strides, in 45 years."

"Yes", said my Neighbor, thoughtfully, "and she could make even greater strides, in trousers. Do you suppose this fickle arbiter of fashion ever laughs up her sleeve, at our antics in keeping up with her? Vain creatures, all of us", concluded my Neighbor.

"Not vain", I remonstrated. "Ruskin said that a woman should earnestly desire to be beautiful, as she should desire to be intelligent; her dress should be as studied as her words."

"It should", agreed my Neighbor. "But some of us, in striving to be beautiful, make ourselves ridiculous instead. I'm thinking of a friend of mine, 60, if she's a day, who dresses like a girl of 18 or 20. She wears the fresh yellow-greens of spring, rather than the warm wine shades which would be so becoming to her. Don't you think that becoming colors have a lot to do with dress?"

"Indeed they do", I replied. "I read a good definition of becoming color

the other day. 'The color of a costume is becoming when it causes the skin to appear fresh, clear, and healthy, the hair to have the luster of vitality and a depth of color, and the most pleasing color of the eyes to be intensified. It is becoming when the figure does not appear over-large or very thin, and when pleasing characteristics of the personality are brought out.'"

"Very good", said my Neighbor. "My biggest problem is choosing colors which will not make me appear over-large. I can't wear the warm colors--those in which red and yellow and orange predominate-- because they make me seem larger than I am. I can't wear vivid colors, or light colors, or extremely dark colors. I used to wear black, thinking it made me look smaller, but I stood against a white wall once and had a full-length view of my figure, dressed in black. Against that light background, I looked every pound my weight. I spent one afternoon before the mirror, draping myself in various colors, and studying their effect upon my size. I found that the cool colors-- those in which blue or green predominate-- make me appear smaller. Grays and taupes I can wear well.

And speaking of designs-- not for me the broad Scotch plaids, the jazzy polka-dots, life-size roses, and gay checks. Only small and inconspicuous self-color designs are becoming to the perfect forty-two. I avoid all such thick materials as tweeds, all fabrics with a bright and shiny finish. I shun heavy trimmings, flounces, and puffed or bell sleeves."

"You always look well-dressed", I consoled her. "You have made a critical, unbiased study of your build, and your coloring."

"Thank you kindly", said my Neighbor. "After such a flattering comment as that, I should invite you to dinner. We aren't going to have much, but I'd love to have you stay."

"I'll stay", said I, "if I may have your dinner menu for broadcasting."

"Agreed", said my Neighbor, "if you'll help me prepare the dinner."

We went into the kitchen, and I helped prepare a dinner of cheese souffle, stewed tomatoes, browned parsnips, lettuce salad, and baked bananas with lemon sauce.

The main dish was a delicate cheese souffle, a delicious combination of cheese and eggs, bread crumbs and milk, but hearty withal. At this season of the year, when eggs are dropping in price, it is well to serve souffles, omelets, and other egg dishes. Some homemakers have the idea that souffles are hard to make, but as a matter of fact, a souffle is quite simple to make, if one understands egg cookery.

Pencils ready now, and I'll read you the directions for making a perfect cheese souffle. Ingredients first, as usual:

1 pint milk
1-3/4 cups bread crumbs
3 or 4 eggs
1/2 pound American cheese
3/4 teaspoon salt

I shall repeat the ingredients, also as usual: (Repeat ingredients).

Put the bread crumbs and the milk together in the double boiler, heat them to the scalding point. Grate the cheese or shave it into thin, small pieces and stir it into the hot milk and bread crumbs, but do not let it cook. Add the salt. Take this mixture from the heat and while it is cooling, beat the yolks and whites of the eggs separately, and butter a baking dish. The souffle will cook best in a good-sized earthenware or glass baking dish 3 or more inches deep. After the bread, milk, and cheese mixture has cooled, stir in the beaten egg yolks and fold in the whites. The air beaten into the egg whites is what makes the souffle fluffy, so mix them in with a careful folding motion. Pour the mixture at once into the buttered baking dish and bake in a very moderate oven for 45 to 50 minutes. Long, slow cooking is one of the secrets of making a perfect souffle. The moderate heat makes the air bubbles in the egg whites expand until the mixture is light and cooks it thoroughly so that even when a spoon is put into it for serving it does not collapse like a pricked balloon. That is what happens to a souffle, or omelet, or other similar egg dish that has been cooked too rapidly at too high a temperature. Souffles are not hard to make if one remembers this important point.

The next dish on the bill of fare is stewed canned tomatoes, which need only heating, and seasoning with butter, salt and pepper. Some people like a little sugar with tomatoes. Others prefer a few drops of onion juice, or some celery salt. I know one good cook who drops a single clove or section of garlic into her stewed tomatoes 5 minutes before they are taken from the stove, and then removes the garlic. If you want a mere trace of garlic flavor, cut the garlic clove and rub it around the dish in which the tomatoes are to be served. Another good flavor with tomatoes is bay leaf. Cook two bay-leaves with them for a few minutes and then remove. Be sure your tomatoes are hot and ready to serve when the cheese souffle is done.

The parsnips are to be boiled first and then browned. Scrub them clean, drop into boiling, lightly salted water, and cook for from 15 to 30 minutes, or until tender. Drain them, scrape off the skin, split lengthwise, and pull out the stringy cores. Dip the pieces in flour and fry in fat until they are a delicate golden brown. Or if you prefer, mash the parsnips after the cores have been removed, season, and form into patties or balls before frying. Time the frying so that all the parsnips will be done in time to drain on brown paper for a few minutes before the souffle is ready. Keep hot until wanted.

You will probably want to put the bananas into the oven about the time you take the souffle out. They will need to bake about 20 minutes, and so will be done by the time the first course is served, eaten, and removed from the table. To be on the safe side, start them five minutes before dinner is served. For the Baked Bananas with Lemon Sauce, you will need the following five ingredients:

6 ripe bananas
1/3 cup sugar
2 tablespoons melted butter
2 tablespoons lemon juice
1/8 teaspoon salt

Five ingredients: (Repeat).

Skin the bananas, scrape them lightly to remove the stringy portion, and split them in half lengthwise. Place in a greased shallow baking dish and pour over them the liquid mixture. Bake in a hot oven until brown. Serve from the dish.

Check the menu, please: Cheese Souffle; stewed tomatoes; browned parsnips; lettuce salad or celery; and baked bananas with lemon sauce.

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UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

PROGRAM Housekeepers' Chat RELEASE Mon. Mar. 14.

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(NOT FOR PUBLICATION)

ANNOUNCEMENT: Hints on selecting an Easter bonnet, a lunch menu, one new recipe, and one recipe not so new are incorporated in today's chat.

---ooOoo---

"Speaking of hats", said Mathilde, as she placed a coquettish spring model in the window.

"But nobody is speaking of hats", I objected mildly, "we were talking about the weather".

"That may be true", said Mathilde, "but everybody is thinking of hats. Don't you know Easter is the 17th of April? I was going to say, when you interrupted me, that a person with a turned-up nose should never wear a hat with turned-up trimming and a turned-up brim. It gives her a look of-- of suspense. Reminds me of a question which is never answered, if you know what I mean. A person with a turned-up nose, or the type of a nose the poets call 'tip-tilted', should wear a hat which comes down slightly over her face.

"If she has a receding chin, or scarcely any chin, she must never wear a hat with heavy trimming in front. The heavy trimming, in front, emphasizes the weak chin. On the other hand, if most of the trimming is at the back, the chin seems more normal. If one has a large nose, and a receding chin, these two features are made more prominent by a hat which has a wide brim in front, and a narrow one in back. A hat with the same width of brim, both back and front, would make the features appear more regular."

"And the woman who wears glasses, should wear a hat with a brim which shades the eyes. That is, a hat which comes out over the glasses, rather than turning abruptly from the face."

"Please continue", I said, taking out my pencil as quietly as possible.

"You are an authority on hats, Mathilde. What else have you learned, from selling hats?"

"I have learned", said Mathilde, "that a woman should try on a hat before a full-length mirror. If she sits down before a small glass to choose a hat, like as not she will be dissatisfied when she gets home and tries the hat before a full-length mirror. If she is tall, she may have selected a high crowned hat, which makes her look even taller.

"My most satisfactory customer is a woman who decides, before she even looks at hats, whether she wants her hat to harmonize with her coat, her suit, or a dress. Then, when she comes in, she wears the garment that she expects to wear mostly with the hat she is buying. She is an older woman, with angular

features. She never wears severe, tailored hats, but selects those with curved lines, draped effects, and soft colorings. She avoids severely tailored styles, because they emphasize the angular lines in her face. As we women grow older, we lose some of the regularity of features and perfection of skin that we had in youth, and soft lines are more becoming to us than severe lines.

"I never 'rush' a customer who is trying on hats, because a hat is such an important article of a woman's wardrobe. The hat serves as a background for the head and face. A hat which is not becoming detracts from one's personal appearance, and spoils the effect of whatever else is worn with it. Time and patience are often needed, when one is searching for a hat which brings out the best points and conceals less attractive ones," concluded Mathilde, as she tacked a bright plaid silk lining in a sports model of black straw.

Since it was dinner time, I invited Mathilde to be my guest at the Kossack, a tea-room which I patronize occasionally because the waitresses wear Russian smocks and high boots. I was sorry, afterwards, that I had asked Mathilde to eat with me, for I never saw such a colorless meal. Visualize our dinner, if you can--Celery soup and crackers, creamed eggs on toast, creamed cauliflower, mashed potatoes, banana salad on anemic lettuce leaves, pale baking powder biscuits, and for dessert, vanilla ice cream. Just imagine serving Mathilde, who loves color, such a monotonous dinner as that! Of course she said she didn't mind, but I did.

Now, since a number of my friends in Iowa have been asking for different ways to serve onions, I have planned a lunch or supper menu with a main dish of scalloped onions and peanuts. Think that's a queer combination? Not if you like onions, and peanuts. The whole menu is Scalloped Onions and Peanuts: Ginger Pears; Graham Muffins; and Cherry Tarts.

I'll give you the recipe for scalloped onions and peanuts, from the U. S. Bureau of Home Economics. Pencils ready? Three main ingredients, as follows:

4 to 6 medium-sized onions
1/2 to 3/4 cup peanuts, ground
1 cup thin cream sauce, made with 1 tablespoon flour, 1 tablespoon butter, and 1 cup milk

Check the ingredients. (Repeat)

Cook the skinned onions in boiling salted water until tender. Drain the onions and slice them with a sharp knife. Place the onions in layers in a greased baking dish, cover each layer with the cream sauce, and the peanuts, continue until all the ingredients are used. Cover the top with buttered crumbs, and bake in a moderate oven until golden brown. Serve from the baking dish.

I hope you have some ginger pears, made last fall, for they would be very good with scalloped onions and peanuts. And graham muffins and butter are a welcome change from white bread and butter.

For the graham muffins, you will need seven ingredients, as follows: These quantities will make 10 or 12 muffins:

1 cup milk
1-1/2 cups coarse graham flour or
1-3/4 cups more finely ground graham
2 to 4 tablespoons fat
1 egg
2 teaspoons baking powder
1 to 2 tablespoons sugar
1/2 teaspoon salt

Seven ingredients: (Repeat)

Do not sift the graham flour before measuring. Graham is the only kind of flour that is measured unsifted though. Remember that, with all the recipes I give you.

Mix all the dry ingredients thoroughly. Beat the egg slightly, add it to the milk. Stir the combined milk and egg into the dry ingredients. Add the melted butter or other fat last. Bake the muffins in a hot oven (about 400° to 425° F.)

When you make cherry tarts, the first step is to bake your pastry shells on the outside of muffin pans until delicately browned. Strain the juice off canned cherries. If they are not sweetened. mix the needed quantity of sugar for six good-sized tarts with about one-half tablespoon of cornstarch, and cook this with the cherry juice until it is thickened. Add one tablespoon of butter and a few grains of salt, stir in the fruit, and put this filling in the pastry shells. Serve at once, or to give an extra touch, add a spoonful of whipped cream or cover with a meringue. The meringue is made of a stiffly beaten white of egg, one tablespoon of sugar, a few grains of salt, and a drop or two of vanilla. To brown the meringue, return the tarts to a very slow oven for 15 to 20 minutes.

The menu, again: Scalloped onions and peanuts; ginger pears; graham muffins; cherry tarts; and coffee.

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UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

PROGRAM HOUSEKEEPER'S CHAT RELEASE Tues. Mar. 15

NOT FOR PUBLICATION

ANNOUNCEMENT: Today's program is for all of Aunt Sammy's listeners who have requested an old-fashioned dinner of Baked Beans and Boston Brown Bread. You will need your pencils in about six minutes, for there are three new recipes today, counting a delicious one for baked beans with molasses. This menu and the recipes will be found in the spring supplement of the Radio Cookbook. Aunt Sammy's radio cookbooks are sent free to all regular listeners of Station_____.

* * * * * **

Do you ever experience a topsy-turvy day, when things just jump over themselves getting in the way of your nice neat schedule?

Monday was such a day for me. I had planned to spend the afternoon in town, but there is a destiny that shapes my household affairs, schedule them how I will. This time destiny took the form of a pet rabbit, named Emmalene.

I was washing the breakfast dishes when I heard lusty calls for help, from above. Rushing upstairs, I found six-year-old Billy suspended between two boards over the attic stairway, making violent noises, and kicking furiously.

"Push me up, Aunt Sammy!" he shouted. "I tried to slide down on a stick, but the stick fell, and anyway my ears wouldn't let my head through the hole! Aren't you even a little bit sorry for me?" he asked, as I pushed him to safety.

"No," I said severely, "seems to me I've told you not to play in the attic. Where's your rabbit?"

"Under the floor," sobbed Billy. "Emmalene ran under the floor when you came, and now I s'pose she'll starve to death!"

"Get a stick," I commanded, "and poke her out. I'll catch her."

Before Emmalene surrendered, I had torn a perfectly good pair of silk hose, ripped the belt off my apron, and bumped my head twice on the rafters.

"She's playing tag, Aunt Sammy!" shouted Billy. "Isn't she cute?"

"Take her to the basement," I said shortly, "and see that she stays there!" I had just put the beans on to parboil, 30 minutes later, when I heard a nimble hippity-hop on the stairs.

"Billy!" I called, "Did you put Emmalene in the basement?"

"Yes, Aunt Sammy."

"Did you shut the door?"

"No", answered Billy, "you didn't say to shut the door."

I hurried upstairs in time to snatch part of Uncle Ebenezer's novel from Emmalene. Uncle Ebenezer is not his real name, but he is writing a real novel, and he is cross for a week, if anyone dares touch his papers. Chasing Emmalene under the bed, I spent half an hour pasting together the torn pages of Uncle Ebenezer's novel. Then I turned to Billy, in exasperation: "Take that rabbit downstairs, lock the door, and don't let me see her long ears again today!"

Billy patted Emmalene affectionately as he trudged out. "Never mind, Emmalene," I heard him say softly. "Aunt Sammy will be all right after awhile. She thinks you're a nice rabbit, but you upset her nervous systems."

There I was, confronted with the prospect of consoling Uncle Ebenezer, when he discovered that the rabbit had chewed his precious novel. What to do? Baked beans, of course. There's only one thing to do, when Uncle Ebenezer is to be pacified. Prepare him a dinner of old-fashioned Boston baked beans and brown bread. Add codfish balls, and Uncle Ebenezer's face simply beams with delight. You see he is from New England, and he'd have baked beans and codfish balls and brown bread for breakfast, every Sunday, if he had his way.

I worked over my dinner menu till it sounded like this: Baked beans and salt pork; codfish balls; stewed tomatoes and celery; pickles; Boston Brown Bread; and grapefruit and nut salad, with cheese wafers.

Being a true Bostonian, Uncle Ebenezer prefers pea beans, rather than the navy beans, because, he says, the pea beans hold their shape better. He's very particular about the bean pot, too. He says you can't bake beans properly in a shallow pan, because they dry out, and never develop the rich flavor that comes from baking in a covered earthenware pot. I have an old-fashioned, brown, earthenware pot, with a lid, which I use for baking beans.

My recipe for Boston Baked Beans is from the Bureau of Home Economics, and pleases Uncle Ebenezer immensely. Since there are only six ingredients, it will be easy to write down. Six ingredients, for Boston Baked Beans:

2 cups dried beans
1/2 pound salt pork
4 tablespoons molasses
1-1/2 teaspoons salt (depending on saltiness of pork)
Onion, if desired
1 teaspoon mustard, if desired (Continued)

Six ingredients, again. (Repeat)

Soak the beans overnight in cold water, and then cook them gently until they are soft, but not mushy. Score the rind of the salt pork, and put half of the pork in the bottom of the bean pot. Add the par-boiled beans, mix the molasses and other seasonings with a little hot water, and pour over the beans. Add enough more water to just cover them. Place the rest of the salt pork on top, cover the pot, and cook the beans very slowly in the oven for 6 or 7 hours. Add a little hot water from time to time, to replace the water which cooks away and is absorbed by the beans. Keep the lid on the bean pot until the last hour of cooking. Then uncover, and allow the beans and pork on the top to brown.

Next, the recipe for codfish balls. Codfish balls are very good, whether they're served with baked beans, or not, and I believe you will like my recipe. Three ingredients, for codfish balls:

1-1/2 cups (packed) salt codfish, shredded
3 cups mashed potatoes seasoned with milk and butter
2 eggs

Have you three ingredients? (Repeat)

Shred the fish, soak it in cold water until freshened, and cook until tender. Place the fish in a double layer of cheesecloth and press out all the liquid. Mix the cooked codfish with the hot mashed potato and the well-beaten eggs. Beat until light. Drop by spoonfuls into hot fat and fry to a golden brown. Drain on paper and serve as soon as possible.

I decided that with baked beans and codfish balls there should be something juicy, and something tart -- what better than stewed tomatoes with celery, and pickles?

And last, the Boston Brown Bread. Because where one finds Boston baked beans, one should find Boston Brown Bread.

Here's the recipe, for Boston Brown Bread. Seven materials for this bread, and I shall talk very slowly, so you will get them all. Seven ingredients:

1 cup corn meal
1 cup rye meal
1 cup graham flour
1 teaspoon salt
3/4 cup molasses
2 cups sour milk and 1-1/2 teaspoons soda, or
3/4 cups sweet milk and 4 teaspoons baking powder.

Check the ingredients please, while I repeat: (Repeat)

Mix and sift the dry ingredients and add the molasses and the milk. Beat the mixture thoroughly. Pour the batter into a greased tin can or mold

[illegible] (Insert)

[illegible] and brown each [illegible] until [illegible] and of the [illegible] pan. [illegible] if [illegible] tion of [illegible] ingredients. Then mix the [illegible] mixture, mix the [illegible] remaining. With a little but [illegible] the [illegible] the [illegible] more water to just cover them. Place the [illegible] of the [illegible] with or top, cover [illegible] not, and [illegible] the [illegible] for [illegible] hours, [illegible] a little hot water from time to time, to place the water [illegible] work. [illegible] cooked [illegible] beans. [illegible] the lid on the [illegible] until the last [illegible] cooking. Then [illegible] and allow the beans [illegible] to cool for [illegible] hours.

[illegible], the [illegible] for [illegible] dish. [illegible] is [illegible] poor, [illegible] served with wood [illegible], [illegible], and I believe you will like [illegible] ingredients, for [illegible] ish baller:

[illegible] over (pocket) [illegible] codfish, shredded
[illegible] potatoes prepared with milk and butter
[illegible]

[illegible] Hunter (Report

[illegible] in cold water until tender, and cool until [illegible] tender layer of [illegible] out fish. [illegible] and coating with the [illegible] the well-[illegible] until lightly [illegible] by spoon. [illegible] for [illegible] to [illegible] serve as soon as possible.

[illegible] and [illegible] tion [illegible] sonning [illegible] cooking [illegible] with [illegible]

Last, [illegible] on [illegible] the pastry baked beans, one could find [illegible] tion given [illegible].

[illegible] for [illegible] seven materials for this [illegible] I should [illegible] very [illegible], so [illegible] just [illegible] all. Seven in-[illegible]:

[illegible]
[illegible]
[illegible] flour
[illegible]
[illegible]
[illegible] cup milk [illegible] or
[illegible] sour milk and [illegible] teaspoons baking powder.

[illegible] the ingredients please, while I repeat: (Repeat)

Mix and sift the dry ingredients and add the molasses and the milk. Just [illegible] thoroughly. Pour the batter into a greased tin or mold

until it is about three-fourths full. Cover and steam for 3-1/2 hours. Remove the cover, and bake the bread in a moderate oven for a half hour to dry it off. If the bread seems likely to crumble, loop a clean string around the loaf and cut slices by pulling the ends of the string.

I think the grapefruit and nut salad was a master stroke on my part. Uncle Ebenezer is very fond of grapefruit salad, garnished with a little salad dressing and sprinkled with chopped nuts. And cheese wafers he considers a rare delicacy.

The whole meal, as I have told you, was Boston Baked Beans, Codfish Balls, Stewed Tomatoes and Celery, Picles, Boston Brown Bread and Butter, and Grapefruit Salad with Cheese Wafers. Does that sound good to you?

Now let me tell you the rest of my story. You probably think I imagine all the stories I tell you, but I don't. Of course, I change names, but the people are just as real as you and I.

When Uncle Ebenezer came home he smelled the baked beans. He saw the cod fish balls and the Boston Brown Bread.

"Well, well!" said Uncle Ebenezer, "what's this! Somebody having a birthday party?"

"Oh, Uncle Ebenezer!" cried Billy. "Guess what Emmalene did! She tried to eat your novel, and Aunt Sammy had to patch the pages!"

"Is that so?" said Uncle Ebenezer. "Well, well, Emmalene is a rabbit of infinite resource and sagacity. She knows where to find real literature. Let's eat while the beans are hot and steaming. How I do appreciate <u>good baked beans</u>!"

And <u>that</u> was the happy ending to my topsy-turvy day.

UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

PROGRAM Housekeepers' Chat RELEASE Wed., Mar. 16.

NOT FOR PUBLICATION

ANNOUNCEMENT: Today's program is packed full of information, served in 9 or 10 courses. The recipes and the menu are from the U. S. Bureau of Home Economics.

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The very first thing on the program today is questions and answers. As soon as the questions are answered we shall have a lunch or supper menu.

First question: "How can I make a salad dressing that will keep one week or longer?"

Answer: Any true mayonnaise, made with egg, oil, acid, and seasonings, will keep as long as a week in a refrigerator or cold box in a window. In fact, it's a good idea to make up a sufficient quantity of mayonnaise to last a week.

Second question: "Can you tell me why my prune pies always have a flat taste?"

Answer: Perhaps you do not add lemon juice to your prune pie filling. Prune pies are improved by the addition of a small amount of lemon juice, and possibly the grated rind of part of the lemon. Some cooks thicken the prune juice. Nuts may be added if liked. Prune pie is always improved by serving whipped cream with it to give richness.

Third question: "Why does an aluminum pancake griddle stick with buckwheat cakes only?"

Answer: Perhaps there is not enough fat in the pancake batter. Increase the quantity of fat in the recipe, and see if this corrects the difficulty.

Fourth question. I like these questions. They are short, practical, and easy to answer. Fourth question: "How can I keep celery from turning dark between Saturday and Sunday noon?"

I think your trouble comes from leaving the celery in the water too long. Try leaving the celery in cold water for an hour or two, to "crisp" it, then wrap the celery in a clean, moist cloth until it is needed. Or you may prefer to put the celery away, as you buy it from the store, until about two hours before using it. Then crisp it in cold water, and clean it.

Fifth question: "Why are the meringues on my custard pies tough and leathery?"

Too hot an oven is the reason. Egg white coagulates at a very low temperature and toughens at a high temperature. You will get the best results from baking your meringue in a slow oven, for about 20 minutes.

Sixth question: "When puddings are steamed in coffee cans, should the lids be left on the can during the steaming process?"

It is best to put lids on coffee cans in which puddings are being steamed. Otherwise, the steam condensing on the lid of the steamer may drip into the can, and make the pudding moist. Directions for steaming some puddings and breads suggest that the lids be tied on with string, so the expansion cannot push them off. If a small hole is pierced in the lid with a nail, it not only prevents the top from blowing off, but keeps the pudding from becoming too moist.

Question Seven: "What is meant by the term 'Pigs in Blankets'?"

The term "Pigs in Blankets" is ordinarily applied to oysters, wrapped in bacon, and broiled. There are as many slices of bacon as oysters. Large ones are most often used. The oysters are wrapped in a slice of bacon, and fastened with a toothpick as a skewer. They are either broiled about eight minutes directly under the fire, or fried in a skillet until the bacon is crisp. Serve on toast.

Next question: "Please define the terms broiling, pan-broiling, frying and sautéing."

Broiling (b-r-o-i-l-i-n-g) is cooking by direct contact with heat. The term is usually applied to meats. The surface is first seared, and the cooking then continued at a lower temperature. Searing is accomplished by exposing every part of the surface of the meat to heat intense enough to coagulate the outer portion, and thus hold in the juices.

Pan-broiling is like broiling, except that the heat is applied by means of hot metal, such as an iron skillet. The metal may be greased just enough to prevent sticking.

Frying is cooking by immersion in hot fat. For instance, doughnuts are fried.

Sautéing (s-a-u-t-é-i-n-g) is cooking in a small amount of hot fat.

Next question: "Please tell me--" No, this listener didn't say "Please tell me." She says: "What would you do with an imitation mahogany library table that looks rather shabby even when it is polished."

I'll tell you what I'd do-- I'd refinish the table. To remove what is left of the old finish, rub the wood down with fine steel wool, or fine sandpaper. Or use a varnish remover. When the table is free from varnish, and the surface smooth and in good condition, give the wood a coat of mahogany wood stain, preferably the brown mahogany color, rather than the red. After this has stood for a day or so, rub down the surface with a mixture of two parts of linseed oil and one of turpentine. Rub it with a soft cloth, the more rubbing the better. Allow the table to stand where there is no dust until the surface has taken up all the oil and the wood is rubbed down well. If you prefer varnished furniture, you can apply a coat of varnish, let it dry, rub it down, and then apply another coat. Some persons prefer a wax finish. Use a good grade of wax polish, and follow directions. Only a little is needed at a time, and the waxing should be repeated at intervals of several months.

That finishes the questions for today.

Let's lay our sewing aside for a few minutes now, and write down a good lunch or supper menu. Ready? Omelet with Spanish sauce; baked potatoes; hot biscuits and butter; and fruit cup.

First, I shall tell you how to make a fluffy omelet, the kind of an omelet that will cause your name to be heralded far and wide, and put you in the Who's Who of Omelet Cooks.

To make a fluffy omelet, separate the yolks and whites carefully, and beat them well. To the yolks add as many tablespoons of milk as you have eggs, and enough salt for seasoning, and mix well. Then fold in the fluffy whites, until they are well blended, but be careful not to stir roughly and so release the air which you have taken pains to beat into the whites. Many cooks prefer to use water in place of milk.

Choose a heavy pan, such as an iron skillet, deep enough that the mixture will cover it about one inch deep when it is poured in. Put this pan on to heat, while you are beating the eggs. Melt in it enough butter to coat the bottom, but do not allow the butter to brown. If the butter gets too hot, it may cause the omelet to burn, and the flavor will be ruined. The secret of a perfect omelet is to cook it at a moderate temperature. Pour the egg mixture into the skillet, and cook it at a low, even heat. The air then has a chance to expand, and raise the omelet before the proteins of the egg and milk set. Managed this way, they set gradually, without becoming too tough, and the omelet cooks through, thoroughly. If you are using a small size gas or oil burner, move the pan about so that the omelet will cook around the edge at the same rate it does in the center. Use a spatula, or broad, thin, limber knife to lift the edges of the omelet gently, in order to find out when it has browned on the bottom.

Then put it under a low flame in the broiling oven or on the shelf of a hot baking oven for a few minutes until the top sets. Or, if you prefer, cover the pan during the whole cooking period and so cook the top of the

omelet with steam. Then crease it through the center, fold it over with your spatula or knife, and turn it onto a hot platter, without attempting to lift it out of the pan. Pour the Spanish sauce over it and serve at once. I'll give you directions for Spanish sauce in just a minute.

Flat omelets as the French make them are a little easier and quicker to handle than fluffy omelets, because the yolks and whites of eggs are beaten together, not separately. Milk or water is added in the same proportion, one tablespoon to each egg. Use a large heavy pan, with melted butter, again being careful not to have it too hot, and cook the mixture slowly and evenly on both top and bottom. When it is golden brown, roll it in the pan, and turn it out onto a hot platter.

Now I'm going to give you a famous recipe for Spanish or Creole Sauce. It's a wonderful sauce-- a sauch which adds piquancy to an omelet, boiled rice or potatoes, stewed meats, and such fish as cod, haddock, and halibut. Put this tasty sauce on an omelet, and you have a dish fit for a king. There are 10 ingredients in this sauce. I will read slowly enough that you can write them down, even though you have forgotten your shorthand. Ready? Ten ingredients, for Spanish sauce:

2 cups canned tomatoes
2 tablespoons chopped onion
1 chopped green pepper or canned pimiento
1/2 cup chopped celery
2 tablespoons butter
2 teaspoons minced parsley
4 tablespoons minced ham or bacon
1 bay leaf
1 tablespoon flour
Salt and pepper to taste

Ten ingredients. I'll repeat them. (Repeat)

Add the onion to the butter and cook it until it is tender and yellow. Add all the other ingredients except the minced ham or bacon and the flour, and simmer for half an hour. Remove the bay leaf. Blend the flour with a little melted butter and add to the sauce. Cook for 5 or 10 minutes longer, add the ham or bacon, and serve at once.

The menu, again: Omelet with Spanish sauce; Bake Potatoes; Hot Biscuits and Butter; and Fruit cup. I believe I'll make one change in that menu. Let's have graham biscuits, instead of white. Graham biscuits wil go well with the omelet, and they will be a happy change, if you have been serving white biscuits regularly.

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UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

PROGRAM HOUSEKEEPERS' CHAT RELEASE Thurs. Mar. 17.

NOT FOR PUBLICATION

ANNOUNCEMENT: Two recipes in today's Chat, one a new one and the other an old favorite. Menu and recipes approved by the Bureau of Home Economics.

* * * * * * *

Just one question today. That is one question to answer over the air. For every question answered by radio, there are several hundred answered by letter, so you can see for yourself that the "Q and A" business is a thriving one.

The question is this: "Why are eggs considered so important in the diet of a child? Should very young children eat eggs?"

Eggs can hardly be surpassed by any other one food, unless it be milk, as a source of efficient protein, minerals, and vitamins. In iron, for instance, egg yolk is the richest of all our common foods. And as for vitamins, the golden yellow of the egg yolk has one thing in common with the golden sunshine, for both of them contain the same property -- that of helping to prevent and cure rickets. This factor, which we call vitamin D when it is in food, is necessary for human use, for the development of strong straight bones, and good teeth.

Another vitamin, which we call A, and which is needed by all young growing bodies, is found abundantly in both the yolk and the white of the egg. Vitamin A is necessary to the well-being of adults as well as of children, because it helps the body to resist certain diseases.

Though eggs are a valuable source of building material, and of energy, they must be introduced into the diet of young children gradually, because eggs are such a concentrated food. Otherwise, they may cause digestive upsets, and come to be barred forever from the menu of the child who most needs them. To begin with, a very young child might have half a teaspoonful of egg yolk, or even less. Some doctors recommend that the tines of a fork dipped in egg yolk should be whisked through the baby's orange juice or cereal gruel, until the infant becomes adjusted to handling such a concentrated food as egg yolk. The amount of egg may be increased steadily, until, at the age

of a year and a half, the child takes a whole egg yolk easily, and a whole egg occasionally.

Since eggs are so valuable in the diet of children, and of grown-ups too for that matter, we include them often in our well-balanced meals. The other day I told you how to make a fluffy omelet, with a Spanish sauce. I hope you liked it. Some other time, when you make an omelet, change the flavor. Try a delicious asparagus omelet, for instance. To make an asparagus omelet, simply add thoroughly drained, cooked, asparagus to the egg yolks, or spread the asparagus over one-half of an omelet just before it is folded and turned onto the platter.

Any kind of a cooked vegetable, such as chopped onion, green pepper, celery or parsley delicately fried in butter, or grated cheese, chopped ham or bacon, may be added in this way. The water in which vegetables have been cooked may also be used instead of milk in making omelets and sometimes gives an unusually appetizing flavor. Jelly is very good folded into an omelet. Tomato sauce, brown sauce with or without vegetables, or Spanish sauce, poured over the omelet after it is turned onto the platter, are still other variations.

Do you remember the secret of making a perfect omelet? It isn't a secret any longer, because I told it. Keep the temperature moderate and even; cook the omelet thoroughly; and serve it piping hot. Talking about omelets has made me hungry-- I'd like an omelet right now, served with currant jelly.

Now, before I give you a menu, and two recipes, let me read you a short bit from an article written especially for dietitians. Although the article was written for women who have made a scientific study of foods, meal-planning, and so on, it will be interesting to homekeepers who strive to prepare three well-blanced meals a day.

Here's the clipping: "A dietitian should never be content with planning a menu; she should always be vitally interested in the methods used to produce the foods she wants to serve. The preparation of vegetables and fruits needs special care. Since the mineral content of vegetables is soluble in water, these foods should be cooked in very little liquid, and that little served with the finished product. All vegetables are better flavored, when cooked just long enough to make them palatable. Over-cooking spoils the flavor, softens the fibre, and changes the color. When cooked too long, or at too high a temperature in an open kettle, some of the vitamin content is lost. Vegetables should be cooked in simple ways, because they are of such delicate and individual flavors that the additions of highly seasoned sauce, or strong condiments, detract from their attractiveness.

"Soups, salads, vegetables, and desserts have such infinite possibilities of combination and change that monotony of meals is inexcusable. Do not let meal planning slip into a routine. Never plan a series of meals and, when done with the series, begin at the first meal and follow through again.

There are so many interesting things to make. Get such a list of these things that you just do not have time to repeat them very soon. Read everything you can on meal planning. When you go out to dine, order some of the things you have never tried before. Scan every cookbook which comes your way. Collect well tested menus, read current magazines, increase your knowledge in this field as assiduously as a doctor or engineer would in his work. It is just as possible for you to become an 'old fogy' as for any other professional worker to become one in his line, and you must keep ahead of the game."

That's all I'll read. I like particularly the suggestion about ordering something new, when you go out to dine. The last time I ate lunch away from home, I discovered a delicious dessert made of vanilla icecream and honey, with nuts sprinkled over the top.

The menu I have for you today was planned by the Recipe Specialist in the Bureau of Home Economics. She also gave me the two recipes, which she has tested herself. The main dish is a savory combination of pork and parsnips. Perhaps you'd better write the whole menu, though, before I begin to give recipes. The menu is Pork and Parsnip Stew; Spinach; Rice; and Apple Pie. I have been able to get fresh spinach for the past two or three weeks. If fresh spinach is not available in your markets, perhaps you can substitute canned spinach, or another fresh vegetable. Rice takes the place of potatoes.

The pork and parsnip stew contains seven materials:

1-1/4 pounds fresh pork
3 pints hot water
3 cups diced parsnips
1 cup sliced onion
2 tablespoons flour
1-1/2 teaspoons salt
1 tablespoon finely chopped parsley

Seven ingredients, for pork and parsnip stew: (Repeat)

Cut the pork into small pieces and brown it in a skillet. Add the water, and simmer the meat until nearly tender. Then add the vegetables, and cook for 15 or 20 minutes. Mix the flour with a small amount of cold water and add to the meat and vegetables and cook until the stew is thickened. Add the salt. Sprinkle the parsley in the stew and serve very hot.

The apple pie recipe next. Perhaps you are thinking, "What nonsense! Doesn't Aunt Sammy know that everybody can bake an apple pie?" Maybe so--maybe so, but not everybody can bake an apple pie which could sit on the same shelf with the one made by my favorite recipe specialist. Her apple pie requires five ingredients, as follows:

(Continued)

4 to 6 tart cooking apples
3/4 cup sugar
1/4 teaspoon salt
1/8 teaspoon cinnamon
2 tablespoons butter

Let's check the ingredients: (Repeat)

Once more now, the menu: Pork and Parsnip Stew; Spinach; Rice; and Apple Pie.

A word about the radio Cookbooks. If you do not have 59 pages, and if you are sure you sent me your correct name and address, printed or typewritten, at least a month ago, you'd better write to me again, and I'll see that the missing pages are sent to you. I want everybody who listens-in to my talks to have a copy of the radio cookbook, as well as the extra supplements which are being printed now.

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UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

PROGRAM Housekeepers' Chat RELEASE Fri. Mar 18.

NOT FOR PUBLICATION

ANNOUNCEMENT: Ways to use honey, hints on the care and cleaning of rugs and carpets, and a menu and a pudding recipe from the U. S. Bureau of Home Economics in today's program.

---ooOoo---

At last I have found the dessert that gentlemen prefer. Listen to this letter, from a friend in Council Bluffs, Iowa:

"Dear Aunt Sammy: I am one of your very interested listeners and would be pleased to have one of your cookbooks. I took your recipe for apple dumplings some time ago. My men folks think it fine, and say they just wish I would make enough apple dumplings for once that they could make a whole dinner of them."

How is that for a compliment? I must tell the Recipe Specialist about it. She is working on a recipe for cheese straws now, and you may expect to hear about cheese straws next week.

A friend in Missouri has sent me three suggestions, about honey. First, she makes delicious bread or biscuit sandwiches for her children by combing honey with cream cheese and chopped nuts. Her second sandwich suggestion is honey and peanut butter. Honey used alone runs right off a buttered slice of bread, but thoroughly mixed with peanut butter it spreads well, and makes a wholesome filling. The honey and peanut butter mixture is very good on hot biscuits, muffins, graham crackers, or plain cake.

For gingerbread, my friend sometimes uses dark honey instead of molasses. She says that a little honey mixed in the pancake batter makes the cakes brown nicely. They brown quickly, before there is any danger of burning.

My next letter is from a listener who asks advice on the care of rugs and carpets. She is going to buy a new rug for a small living room this spring.

Since her living room is small, she will likely choose a rug which is conservative in pattern. Large, distinct, and colorful designs take up space, and should not be used in a small room, especially in rugs or in wall paper. Wall papers of plain or very indistinct patterns are not

tiresome, and make an ideal background for the room furnishings. With plain wall and a plain rug, one may have figured upholstery or figured curtains.

As to the care of rugs and carpets, first of all they should be carefully laid. They wear best on smooth, level floors, and if defects in the floors themselves cannot be remedied, they should be covered up so far as possible by padding, with material made for the purpose, or with carefully arranged layers of newspapers. Newspapers are especially good under fiber rugs and mattings, because when the rugs are taken up for thorough cleaning, the dirt, which has sifted through, can be removed by simply folding and destroying the newspapers.

Sometimes a large removable rug is used with ingrain or other carpet taked down around it, to hide an unsightly floor. In this case, the padding in the middle of the room may be covered with carefully laid, overlapping strips of heavy manila paper, held in place by the carpeting. The paper prevents dirt from getting into the padding, and provides a smooth surface easily brushed when the rug is taken up

After rugs and carpets have been properly laid, the next question is how to clean them and keep them in good condition so that they will wear a long time, but without using any more labor and energy than necessary. So far as possible, dirt should be kept out of the house by placing fiber mats at doorways, by insisting that muddy shoes be cleaned outside, and by keeping walks and porches clean.

Frequent and systematic cleaning is better than one-or-twice-a-year cleaning. Many housekeepers have little idea how much furnishings are injured by being allowed to become too dirty.

Sweeping should be made as dustless as possible by dempening the broom, or scattering crumpled, dampened bits of newspapers, or moist tea leaves on the surface of the rug. These methods must be used with care, however, for delicate colors may be ruined by too much moisture. If a carpet or rug still seems very dusty after cleaning, wipe the surface with a cloth, wrung as dry as possible, from clear water.

One of the great advantages of rugs over carpets is that rugs can be taken out-of-doors more easily and often to be cleaned. They should be turned, face down, on dry snow or grass. Beat with a flat carpet beater, and sweep thoroughly on both sides. Be careful about shaking rugs vigorously. Shaking gets rid of the dirt, but it is very likely to break threads and loosen bindings. Beating or brushing rugs or carpets hung over a line may also strain or break the treads.

Here's a helpful hint about rugs and carpets. A freshly spilled liquid should never be rubbed from a carpet or rug, because this only drives the liquid into the fabric. If possible, the spilled liquid should

be covered at once with corn meal, talcum powder, blotting paper torn into bits, or any other absorbent material which will take it up and prevent its spreading.

If you want to know more about rugs and carpets and how to finish floors of all kinds, write to me for the bulletin on "Floors and Floor Coverings." It is number 1219 F., and is free while the supply lasts.

Let's talk about a menu now. A menu for Sunday dinner, with roast chicken as the center of attraction. The menu is Roast Chicken with Stuffing; Creamed Cabbage; Candied Sweet Potatoes; Cranberry Sauce; and Prune Pudding. Nothing new there except a delectable prune putting, which I have a recipe for. Prune pudding with nine ingredients:

2 cups water
1/2 pound dried prunes
1/2 cup sugar
2 egg yolks
2 tablespoons cornstarch
1/2 teaspoon vanilla
1/2 teaspoon cinnamon
1/4 teaspoon salt
2 egg whites
2 tablespoons sugar
Nine ingredients, for prune pudding: (Repeat)

Wash the prunes, and soak them overnight in the water, then cook them in the same water, until tender. Remove the stones and cut the prunes in small pieces. To the prunes add the 1/2 cup of sugar, the salt, and the cornstarch, which has been mixed with some of the prune juice. Cook for twenty minutes in a double boiler. Pour this mixture into the egg yolks, add the vanilla and cinnamon, and mix well. Place in a greased baking dish and cover with the meringue made with the egg whites and the 2 tablespoons of the sugar. Bake in a moderate over until the merinque is brown. Serve hot or cold.

Again, the menu: Roast Chicken with Stuffing; Creamed Cabbage; Candied Sweet Potatoes; Cranberry Sauce; and Prune Pudding.

If you do not have your copy of Aunt Sammy's free Radio Cookbook, please write for it now, while there is a new supply

UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

PROGRAM Housekeepers' Chat RELEASE Mon. Mar. 21/27.

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923Ah

(NOT FOR PUBLICATION)

ANNOUNCEMENT: Aunt Sammy has prepared a program for all housewives who suffer an attack of the wanderlust in the spring of the year, when meal-planning and dish-washing lose their thrill. Menu and recipes from the U. S. Bureau of Home Economics.

---ooOoo---

Last Saturday evening I came home from a shopping trip, on the street car. The car was crowded, as it always is on Saturday evenings, and a woman with a somber black hat, and a grey market basket, made room for me on the seat beside her. We talked about this and that for a few minutes, and I remarked that the food advertisements in the top of the car were quite enchanting. "There's an asparagus salad, with red tomatoes", I pointed out, "that looks good enough to eat."

But my friend in the gloomy hat wasn't interested in salads. In fact, she looked so dismal that I decided to pay no more attention to her, and to read the evening paper which the man in front of me was holding up. I was just wondering whether I dared ask him to read something besides the sport page, when my sad-eyed friend suddenly began to talk.

"They say", she remarked glumly, "that it's a great life if you don't weaken."

"Quite so", I answered politely.

"But it is not true", said the woman in the black hat. "It is not true. Up to the present time, I have not weakened, but neither have I found it a great life. Dishes, dishes, dishes! Meals, meals, meals! Scrubbing floors and making beds. And they call it a great life!" she added, bitterly.

"Look here", I said, opening my handbag, "would you like a brand new recipe for--"

"NO!" implored the lady. "I don't want a recipe for anything! Please don't remind me of recipes, or cooking, or dish washing! If it weren't for my family being so dependent on me, I'd give up my job as housekeeper right now, and take the open road that leads to freedom!"

By the wild gleam in her eyes, I knew the woman was greatly agitated, and I hastened to comfort her.

"Your trouble", I diagnosed the case in a most professional manner, "is an acute case of the wanderlust. There's a regular epidemic of it in the spring-time, and those who survive the first attack, usually suffer a relapse in the summer. The only cure is a vacation, or at least planning a vacation."

"Vacation!" repeated the woman. "I'd like to know how I could afford the time or the money for a vacation. If you have ever taken care of a big family, including a husband who is too finicky to eat the food that's set before him, you wouldn't talk so glibly about vacations."

"Listen to me", I said, speaking like a school teacher. "You need a change, you need some fun, some rest, and something new to think about. Everybody needs a holiday occasionally. You will have better health, and you can do better work, after even a brief change of scenery."

"Yes", said the lady. "I suppose you are going to remind me that all work and no play makes Jack a dull boy, and Jill a dull girl."

"I was getting to that", I replied. "It makes Jill not only dull, but cross, and peevish, and cranky. Don't say you haven't time for a vacation. That ancient superstition has been long since exploded by that busiest of indispensable persons, the farmer's wife. Every summer hundreds of farm women now manage to get to mothers' camps for a complete change for a few days, returning to their families refreshed in mind and spirit, full of new ideas and happy recollections."

"That is interesting", said the woman, her face brightening a little, "but I can't afford a vacation."

"How do you know you can't?" I asked, warming up to my subject. "There are all sorts of vacations-- short ones, long ones, inexpensive ones, and elaborate ones. You don't have to rush off to the Riviera in order to have a vacation. If you can't have a train trip, how about the family car? If you can't go to a hotel, try camping. Decide about what you could afford to spend on a vacation, and lay by a little money every week from now until August. Vacations don't usually just happen. They are planned and saved for. The sooner you begin to get ready for it, the more you will have in reserve to spend on pleasant things."

"Suppose you have your heart set on a two weeks' vacation in late August, to cost about forty dollars. (Of course a good many people could have a happy vacation for a good deal less money.) We'll suppose you need carfare as well as board money. Count up the intervening time by weeks. Three dollars a week, set aside regularly for fourteen or fifteen weeks, will assure you the amount necessary. Doesn't it sound easy?"

"Certainly", agreed the woman, "it <u>sounds</u> easy enough, but where am I to get the $3.00 a week?"

"That", I said, "is your own problem. You'll have to save a few cents here and there. Go without something you would otherwise like to have. Make over a dress, put a new bow on last year's hat, make the children's clothes. Perhaps you can do your marketing a little more carefully, and buy the necessary supplies more cheaply. If you see no way to save from your income, maybe you can earn a bit here and there to add to your vacation funds."

"I <u>might</u> sell some early vegetables", said the woman, thoughtfully.

"But what if I start to save $40, and can make it only $15 or $25?"

"The answer is obvious", I replied. "Take a 15 or $25 vacation. Make your vacation plans fit the vacation fund. You can find some pleasant way to spend your vacation, if you are in the holiday frame of mind. I have found high adventure on a winding auto trail. Then next year you can begin your vacation saving earlier, save up for fifty weeks, and have a glorious holiday, away from work and family chores.

"You can day-dream on this practical basis for almost a year, whether your goal is an inexpensive visit, or a trip that takesyou half across the continent. It isn't quite enough, however, to think only about the holiday savings. You have to think of them in relation to all your other expenditures. This means making a plan to cover everything you need, and then watching it to catch the odd pennies of the savings fund.

"If you handle the finances for the entire family, you will have to include the entire family in your plans, fix on a larger sum, and get everybody to cooperate. It works out the same way for an individual. If you have never lived by a budget, don't wait until the first of January to make one. You can begin at any time. March the twenty-first is a very good budget-making date. If you are interested in making a budget, I will send you a publication that tells you in detail how to go about making a spending plan that will help you spread your income over a vacation and other necessary items."

"Thank you kindly", said the woman. "Perhaps if I should spend a few days in the mountains, beside a mountain-stream, and sleep outdoors near a fragrant meadow, with the gentle music of the pines to lull me to sleep, I wouldn't mind washing dishes and cooking meals. In such a paradise as that", continued the woman, "I might decide that it is a great life, even if you do weaken occasionally."

"Exactly", I said, glancing at the market basket. "I see you are going to have canned pineapple for dessert tomorrow."

"Yes", said my friend, "I wonder if you could suggest a new way to use pineapple as a dessert. Do you have any recipes for pineapple dessert?"

She looked at me so hopefully that I hand't the heart to remind her that she had rejected my recipe offer a few minutes before.

"If I had a salad, and a new dessert", continued the woman, "I could prepare a tasty meal for tomorrow. I'm going to have roast lamb, browned potatoes, and buttered carrots and onions."

"Why not an asparagus salad?" I suggested. "Like the one pictured in the top of this car. Use canned asparagus, arrange the stalks on lettuce leaves, and serve it with a good salad dressing. Perhaps you have two or three fresh tomatoes in the ice box, to add color to your salad.

"And as for dessert, a pineapple custard was originated to please finicky husbands. I'll tell you how to make a pineapple custard. Let me think

a minute, while you get your pencil. You will need five-- no, <u>six</u> ingredients. Six ingredients, for the Pineapple Custard;

1 quart milk
4 or 5 eggs
1/2 cup sugar
1/8 teaspoon salt
1 teaspoon vanilla
2 cups pineapple, cut in small pieces.

Six ingredients. I'll repeat them. (Repeat.)

Heat the milk, sugar, and salt in a double boiler. Beat the eggs lightly and pour slowly into them some of the heated milk. Pour back into the double boiler and stir constantly until the custard coats the spoon. Remove at once, and stir in the two cups of pineapple, cut in small pieces. Place the custard in a pan of cold water, and stir until cool. Add the vanilla.

"Now let's see what your dinner menu is: Roast Lamb, (served piping hot); Browned Potatoes; Buttered Carrots and Onions; Asparagus Salad; and Pineapple Custard. That sounds very good, and it's a well-balanced meal too, from the dietary standpoint."

"Thank you so much", said the woman, as she pushed the button. "I'm getting off at the next stop."

She turned around to wave to me from the sidewalk. And I noticed, as she tripped up the street, swinging the grey market basket, that the black hat was perched over one eye at a decidedly jaunty angle. You know what I mean-- the way hats are worn by care-free summer tourists, in the mountains.

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UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

PROGRAM Housekeepers' Chat RELEASE Tues. Mar. 22/27.

(NOT FOR PUBLICATION)

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ANNOUNCEMENT: Questions and Answers and two recipes today. Recipes from the U. S. Bureau of Home Economics.

---ooOoo---

Questions and answers today. Let's begin with the information part of the program, and then you may take recipes for Cheese Straws, and Spiced Prunes. I happened to be calling on the Recipe Lady the day she was making cheese straws and spiced prunes, and I helped her with the experimental work. That is, I tasted the cheese straws, and the spiced prunes, and told her the recipes were just what I wanted for broadcasting.

When I was a child, I thought working in a strawberry ice-cream parlor would be a wonderful position. But now I believe that acting as official taster in the Bureau of Home Economics, would be even better.

But I must to work. First question: "Are boiled sweet potatoes good for a child of three?"

Answer: There is no reason why boiled sweet potatoes should be unsatisfactory for a child of three, provided she chews them well, and does not eat too many. I would suggest that baked sweet potatoes are more palatable, as a general rule, than the boiled ones.

Question Number Two: "How can cold biscuits be used?"

Answer: Cold biscuits can be re-heated by moistening them slightly with milk and putting them in a covered pan in the oven. If your family does not like warmed-over biscuits, dry them out, (the biscuits, not the family), grind them, and use them as you would bread crumbs. Biscuits may also be opened, toasted, and used instead of toast. In fact I've heard of one family that always has enough biscuits made to allow for some to be buttered and toasted the next day for breakfast.

Question Three: "How do you make a crust for a meat pie?"

Answer: Crust for meat pie is made in the same way as biscuit dough, by using a little more fat. Fat from the meat may be used for shortening. Roll out the dough, or pat it out, about one-half inch thick, to the proper size for your baking dish. Place the dough on top of the filling, and bake it at about 425 degrees Fahrenheit, that is, at slightly lower temperature than for biscuits. And by the way, the crust bakes better if the filling is hot at the start.

Question Four: "What is the best way to combine the fat and flour when making biscuits?"

Answer: When I went to cooking school, I was taught to cut the fat into the flour with two knives-- this way-- Oh, pshaw! You know what I mean, using one knife in each hand. Later I used a pastry fork, or a biscuit cutter. But some of the best cooks I know of combine the fat and the flour by using the tips of their fingers, working very quickly, to avoid warming the materials too much. Of course every good cook knows that in making biscuits, the dough should be worked as little, and as lightly, as possible, so that the gluten in the flour will not be developed too much, and the biscuits made tough.

Question Five: "Will you please give me recipes for Parkerhouse rolls and home-made bread?"

The answer to this question is too long and too complicated to broadcast, so I am sending the recipes by mail. By the way, if any of you want reliable, practical, recipes for baking bread, pies, cakes, rolls, and so forth, please write for a copy of Farmers' Bulletin 1450, called "Home Baking". The bulletin is free, and I think you will find it a valuable addition to your cookbook shelf. "Home Baking" is the title, and Fourteen-Fifty F the number. The bulletin also has recipes for doughnuts, cookies, waffles, and so forth.

Next question: "My seven-year-old boy is small for his age, and rather delicate. He has little appetite for wholesome foods, but is always ready to eat sweet things. Can you advise me how to make him eat wholesome foods?"

Answer: I think part of your trouble lies in the fact that he has been allowed to acquire a taste for sweets. You know that fruits, vegetables, cereals, milk, and eggs are all rather bland in flavor by contrast with concentrated sweets. Also, sweets between meals, or early in the meal on cereal or fruit, take the edge off the appetite without supplying the right kind of food for the growing child. Perhaps if you will gradually cut down on sweets, without talking about what you are doing, you may be able to increase the boy's appetite.

Next question: "Can pillows be washed at home, without removing the feather?"

They can, according to directions given by the Bureau of Home Economics. There are two methods. If you don't want to take the feathers out of the ticks, scrub the pillows in a weak washing soda solution, using a good suds. Use a second suds if necessary. Rinse in lukewarm water. Change the rinse water two or three times. Squeeze out as much water as you can. Dry the pillows on a sheet in a warm place-- in the sun, if possible. Beat the pillows occasionally while they are drying.

Here is another, and perhaps a better way of washing pillows. Transfer the feathers to a muslin bag, two or three times the size of the ticking. To do this, sew the edges of the openings of the ticking and the bag together, and shake the feathers from one into the other. Wash and dry the bag of feathers in the same way the whole pillow was washed in the first method. After the ticking has been washed separately, apply a very stiff starch mixture to the inside, with a sponge. This closes the pores of the material, and keeps the feathers from working through. Refill the ticking in the same way it was emptied.

Last question: "Is there any reliable method of washing wall paper?"

The so-called washable papers used in kitchens and bathrooms may be cleaned with a dampened cloth, but water must be used sparingly. If the water seeps in, the paper will be loosened. Varnishing the paper in these rooms will make it more nearly impervious to moisture, and steam, and will prevent it from peeling.

No more questions today -- I want to talk about recipes. The first recipe is for Spiced Prunes-- a fruit preserve which will add piquancy to the most sedate meal. Eight ingredients for spiced prunes, as follows:

1 pound large prunes
2 pints water
1/8 teaspoon salt
1/2 pound sugar
1/4 cup vinegar
1/2 teaspoon whole allspice
1/2 teaspoon whole cloves
3 1-inch pieces of stick cinnamon

Eight ingredients. Check them please (Repeat).

Select large prunes, wash them well, and soak them overnight in the water. Drain the water from the prunes and make a sirup of it, and the sugar. Tie the spices in a cheesecloth bag and add them to the sirup. Then add the prunes and cook them for 15 to 20 minutes. Add the vinegar and cook about 10 minutes longer or until the sirup is fairly thick. Serve the spiced prunes hot or cold.

Now I'll give you the recipe for Cheese Straws. Cheese straws are a pleasing accompaniment to a salad course, or to a soup course. The last time our sewing club met, the hostess served fruit salad and cheese straws, and coffee. Nothing elaborate about that menu, but it was very good.

For the cheese straws, six ingredients:

1 cup flour
1/2 teaspoon salt
4 tablespoons fat
1 cup grated cheese
1/16 teaspoon cayenne
3 tablespoons water

Check the ingredients, please, while I repeat them. (Repeat).

Cut the flour, salt, fat, and one-half of the cheese together with a biscuit cutter until the mass is well blended. Add the water and mix well. Toss on a slightly floured board and roll two or three times until the dough is smooth. Sprinkle one-half of the remainder of the cheese and roll again. Repeat this until all the cheese is used. Roll the mass out until about one-fourth inch thick. Cut in strips one-half inch wide and six inches long. Place the strips on a baking sheet and bake until a delicate brown in a moderate over about 400°F.

Tomorrow I shall give you another menu, and at least one new recipe--maybe two. Both the menu specialist and the recipe specialist in the Bureau of Home Economics have been working overtime lately, and I can promise you some very good recipes and meals for this spring.

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UNITED STATES DEPARTMENT OF AGRICULTURE
Radio Service
OFFICE OF INFORMATION

PROGRAM..... RELEASE.....

Housekeepers' Chat Wed., Mar. 23

NOT FOR PUBLICATION

ANNOUNCEMENT: Aunt Sammy's chat today suggests a remedy for that tired feeling, sometimes known as spring fever. A good menu, too, from the U. S. Bureau of Home Economics.

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Does spring weather make you want to write poetry? I hoped I could survive at least one spring without feeling the poetic urge, but yesterday morning, while I was mopping the kitchen floor, right in front of the sink, I thought of a perfectly good verse. It rhymes, and it has a certain sort of rhythm, if it is accented correctly, like this:

Gentle spring zephyrs,
Waft ever to me,
Mem'ries of senna, and
Sassafras tea.

When I was a child, my grandmother used to prescribe a tonic for me every spring, as soon as I began to loiter on the way home from school, and beg off from doing my daily "chores."

"Spring fever!" Grandmother would say, "What you need is a good strong cup of sassafras tea."

I knew that I'd have to take sulphur and molasses,or something even more distasteful, if I didn't drink tea, so I cheerfully drank tea. As a spring tonic, sassafras tea wasn't so bad, although, with all due respect to grandmother, I doubt whether she knew that the chief value of the tea, lay in the water it contained, and in the outdoor exercise required in gathering the bark.

What is "spring fever," anyway? To most of us, spring fever means the lazy feeling which comes over us during the first warm days of early spring, days when we want to do nothing but relax, and rest in the warm sunshine and maybe write poetry.

But there is another kind of spring fever which demands some attention. Persons who have this type of spring fever are not simply lazy, but they have a sluggish feeling, which indicates that their bodies are not in good running order.

We eat food to nourish our bodies. The part that does not nourish our bodies should be thrown off, as waste matter. Fruits and vegetables help rid the body of waste matter. In the winter time, when fruits and vegetables are expensive, or hard to obtain, our bodies may not get enough mineral matter and vitamins. These act as body regulators. In the summer when we eat an abundance of fresh fruits and vegetables, our bodies can store up a surplus of some of the valuable food materials they contain. This surplus becomes depleted sometimes in the spring if the diet has been limited during the winter.

Very likely your family will not need a spring tonic, if you have been including in your daily meals plenty of such vegetables as carrots, turnips, celery, cabbage, and parsnips, lettuce, good old-fashioned sauerkraut, and the canned kinds. Oranges, apples, and grapefruit help to ward off spring fever, and if fresh fruits are not obtainable, dried fruits - apricots, prunes, figs, raisins, and so forth - are a very good substitute.

For the season just before fresh green vegetables are available, I would include the foods I have mentioned, canned tomatoes - lots of canned tomatoes. I know a man who drinks buttermilk in the spring, for its tonic qualities. Water, too, three or four pints a day, is an excellent tonic.

Almost before we realize it, the wild greens will be ready for table use. Dandelion leaves, dock, wild mustard, lamb's quarter or pigweed, watercress, and sorrel. Do you know that sorrel is often used as flavoring with mild greens, and in salads?

Then there are the cultivated greens. Every garden should contain some of these - spinach, Swiss chard, kale, mustard, horseradish, young turnip tops, and beet tops.

Greens, whether they're wild or cultivated, add variety to the diet and stimulate capricious appetites. They furnish building material for children, help prevent constipation, and supply the vitamins needed for normal health. They have a laxative effect, due largely to the cellulose or woody fiber they contain. There's iron in greens, too, just as there is in expensive tonics, put up in fancy glass bottles.

Along with spring greens, comes rhubarb. Rhubarb is a good appetizer.

Spring tonic also comes from the poultry yard in the form of eggs. Egg yolks are one of the iron-rich foods. Eggs rank high among the vitamin foods too.

Liver is another rich source of iron and vitamins, and is sometimes given to people suffering from anaemia.

There's another year-around tonic I haven't mentioned, and that is cod-liver oil. It is really a food rich in vitamins. If you have a husband or an uncle who feels that he must have a tonic which comes in a bottle, which he can take from a spoon, give him cod-liver oil.

When the members of my family begin to grow listless, and lose their appetites, I take special pains that my meals shall include plenty of fresh vegetables, canned tomatoes, fresh or dried fruits, and eggs. Such foods as these put Grandmother's "yarbs" clear out of the running as spring tonics.

Now, to show you how consistent I am, I shall give you a menu which calls for at least six vegetables. The main dish is an ox tail stew, broadcast by request. The person who requested this recipe says he simply "dotes" on ox tail stew, but his wife never makes a stew which appeals to him as much as the stews his mother used to make. If his wife is listening-in today, and will take down this recipe, I believe the man will be highly satisfied. That is, if his wife adds just the right seasoning to the stew, and cooks the vegetables just long enough.

Ready for the recipe? Eleven ingredients, for ox-tail stew;

1 ox tail
2-1/2 quarts water
4 carrots, diced
2 turnips, diced
2 onions sliced
1 large potato, diced
2 tablespoons butter
1 teaspoon Worcestershire or other seasoning
Salt and pepper to taste
1 tablespoon parsley, chopped fine
Slices of lemon

Eleven ingredients. Check them please. (Repeat)

Wash the ox-tail, cut in short lengths, and brown it in its own fat. Cook the onions in the butter, add to the meat with 1-1/2 quarts of the water, and simmer until the meat is tender. In the meantime, cook the carrots and turnips for ten minutes in one quart of the water and add to the meat, with the water in which they cooked. Add also the potatoes, the sauce, and the salt and pepper. When the vegetables are soft, thicken the stew with a small quantity of flour mixed with a little cold water to a smooth paste. Cook until thickened. Sprinkle with the parsley and garnish with slices of lemon.

With this stew, I would serve toasted bread, crackers, or crisp biscuits and butter. If you want a salad, a crisp lettuce salad, or cabbage salad would be appetizing. For dessert, I suggest gingerbread, decorated with a big tablespoonful of whipped cream.

Let's check the menu: Ox-tail stew; lettuce or cabbage salad; and gingerbread with shipped cream.

I have an especially good recipe for tomorrow--caramel or burnt-sugar cake. This recipe has been requested a number of times lately, and I hope that all the persons who asked for it will be listening-in tomorrow. Please continue to send me suggestions. I'll try to get the recipes you ask for, and add them later to the spring supplement of the radio cookbook.

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UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

PROGRAM..... Housekeepers' Chat

RELEASE..... Thurs. Mar.24/

(NOT FOR PUBLICATION)

ANNOUNCEMENT: Questions and answers pertaining to household problems, and a menu and two recipes from the Bureau of Home Economics. This menu and the two recipes will be included in the spring supplement to the Radio Cookbooks, which are sent free to all women who listen-in regularly to Radio Station_____.

---ooOoo---

The best thing I have for you today is a recipe for caramel or burnt-sugar cake. However, before I broadcast the menu, or the recipes, I must answer a few questions on miscellaneous subjects. Please do not be discouraged if your questions are not answered immediately. Some of the questions, especially those which are answered by letter, require a little extra work before they can be answered.

The first question on today's list is this: "Should potatoes be covered with a thin coating of grease before they are baked?"

No. A coating of grease on baked potatoes makes the skin soft, and unpleasant to touch. A potato, properly baked in its jacket, has a crisp, tender skin that many people enjoy eating. One of the secrets of baking potatoes is a moderate oven. Too great heat hardens and toughens the skin of baked potatoes.

Second question: "Is it harmful to eat fish and milk together?"

Certainly not. If fish is fresh, or properly preserved, there is no reason why it should not be eaten with milk. Fish and milk are frequently cooked together, and eaten in the form of chowders, stews, or sauces. Creamed fish on toast, or served with potatoes, is a favorite dish, and is often given to children. Surely if these two foods are not harmful when cooked together, they are not harmful when eaten at the same meal. Superstitions about two foods being harmful are most likely to arise when one of them is particularly liable to spoil. This applies to the superstition about shellfish and milk. Or it may arise in connection with foods that are eaten on picnics, or other festal occasions, when people either overeat, or do not take proper care of the foods.

Next question: "Can jelly be made from rhubarb?"

Yes. Jelly of very attractive color and flavor can be made from rhubarb juice by adding pectin, extracted from apples or lemons. The lemon pectin extract is best with the rhubard. Rhubarb with bright-colored skin should if possible be chosen for jelly making, and the young tender stalks are best. To be sure that it will set, rhubarb jelly needs to be cooked a few minutes longer than most other kinds. Just as soon as rhubarb becomes more plentiful, I shall broadcast a number of rhubarb recipes.

Next: "Are prunes a good source of minerals?"

Indeed they are. Prunes are especially rich in iron, and they are also a good source of calcium and phosphorus. All three of these minerals the body needs regularly, and in generous quantities.

Fifth question: "I know that fresh spinach is an excellent spring tonic, but none of my family seems to like it. My six-year-old youngster turns up his nose at spinach and only eats it 'by special request'. Can you tell me how to cook spinach so it will be appetizing?"

Perhaps you cook your spinach until it loses its bright green color, pleasing texture, and fresh flavor. If cooked too long, spinach takes on a dark olive hue, develops a strong flavor, and becomes almost like pulp. People can hardly be blamed for not liking such spinach. Overcooking also injures the food value of spinach. The long boiling draws out the iron, calcium, and other minerals, and destroys the vitamins. Try your family with spinach cooked for 10 to 15 minutes, in just the water that clings to the leaves after you have washed it thoroughly. Then, just as the spinach begins to be tender, chop it very fine, and season it with plenty of butter or, better still, with cream. I have no trouble at all in getting six-year-old Billy to eat spinach cooked this way. He really likes it.

Another vegetable question: "Does cooking destroy the mineral constituents of vegetables?"

No, cooking does not destroy the valuable mineral salts found in many fresh vegetables. Some of the minerals, however, are dissolved in the liquid in which vegetables are cooked, and it is therefore important that this liquid be served. Mild- flavored vegetables may be steamed, boiled in very little water, or cooked a short time in milk, so that the amount of liquid to serve with the vegetables is small. The larger amount of water from the cooking of the strong-flavored vegetables may be saved for soup, or used in thickened gravies and sauces.

Here's another "fishy" question: "Does the color of canned salmon have anything to do with the food value of the salmon, or with the quality of the pack?"

Light colored salmon, known as "pink" salmon, is just as nutritious as the red salmon. The color of the fish is an indication of variety, rather than quality. There are several kinds of salmon, and they vary in color after canning, from a bright red to almost white.

Realizing the importance of iodine in the diet, many women are adding more sea food to the family meals. Sea foods are high in iodine content, and iodine tends to prevent goiter. Canned salmon is available almost everywhere, at all seasons of the year, and is a useful food to have on the pantry shelf. Creamed salmon on hot toast is an appetizing luncheon or supper dish. Salmon souffle, salmon loaf, salmon croquettes, and salmon salad are a few suggestions for main dishes. I made a salmon salad the other day, by combining canned salmon, diced celery, chopped sweet pickles, a little minced onion, salt and pepper, and a boiled salad dressing. I garnished the salad with sliced hard-cooked eggs, and rings of green pepper.

Before long some one in the family will be suggesting a meal out in the woods, or in the park, and if there is a can of salmon in the house, the sandwich problem can be solved promptly. Canned salmon, combined with chopped cucumbers and minced green peppers, moistened with salad dressing, is a tasty sandwich filling.

I didn't mean to say so much about salmon, but perhaps it is just as well, since fish, fresh or canned, is such an important article of diet. Besides being high in iodine content, fish and other sea food are quite rich in minerals, such as calcium, phosphorus, and iron.

I won't mention minerals or iodine again today. Get your pencils please, for the menu. First I want to tell you I have a request for a cookbook, from a man in Saskatchewan, Canada, about three hundred and twenty miles from the boundary. He says he would appreciate a cookbook, "for man must eat, even though he does his own cooking."

I've sent this radio friend a cookbook, and I do hope the directions are such that he can follow them. I know he could make the meat dish I'm broadcasting today, but I have my doubts about the caramel cake. Still and all, if he uses accurate measurements, and is careful about his oven temperature, perhaps he could make the cake.

The menu is this: Shepherd's pie; String beans; Sliced tomatoes; Caramel cake; and canned fruit.

If anyone can tell me <u>why</u> this dish is called shepherd's pie, I shall be much obliged. I'm sure, however, that one need not be a shepherd, to enjoy this shepherd's pie, which is a combination of mashed potatoes and meat or fish. I'll read the directions slowly:

Grease a baking dish, cover the sides with a thin layer of seasoned mashed potato. Fill the center with well-seasoned, slightly thickened stew, creamed chicken, or creamed fish. There should be no potatoes in the stew. Cover the top with the mashed potato and bake until the pie is hot through, and lightly browned on top. A small amount of baking powder, or a well beaten egg, adds to the lightness of the potato.

If you can get fresh string beans and fresh tomatoes, you need not worry about the vegetable and salad part of this dinner.

The recipe for caramel, or burnt-sugar cake, is one I'm sure you will want to try-- perhaps for Sunday dinner, if you do not make it before then. The cake calls for eight ingredients, as follows:

1 cup sugar
3 cups sifted soft-wheat flour
1/2 cup fat
2 eggs
4 teaspoons baking powder
1-1/2 cups sugar
1/4 teaspoon salt
4 tablespoons caramel sirup

Please count your ingredients, while I check them over: (Repeat)

Make the caramel by slowly browning 1 cup of sugar in a large heavy iron skillet. Add 1 cup of boiling water and cook until a thick sirup the consistency of molasses if formed. Be sure that the sugar heats and caramelizes very slowly; otherwise it will become hard when the water is added.

To make the cake mixture, warm the fat but do not let it melt, combine it with the sugar, stir in the beaten egg yolks, and add alternately the dry ingredients, which have been mixed, and the water. If butter or other fat containing water is used, add 1-1/2 tablespoons more than the quantity called for. If fat containing no water is used, 1/2 cup is enough. Add the thick caramel sirup, and at the last fold in the well-beaten egg whites. Pour into a shallow greased pan and bake in a moderate oven (about 375°F.) Or if preferred, bake as cup cakes in muffin pans at about the same temperature. Ice with a caramel-flavored icing.

That completes the menu: Shepherd's Pie; String Beans; Sliced Tomatoes; Caramel Cake; and Canned Fruit.

If you use fish in the shepherd's pie, I suggest that you serve lemon with the string beans. A little lemon juice adds a tartness to string beans which is especially good with fish.

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UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

Housekeeper's Chat

Fri. Mar. 25.

PROGRAM..... RELEASE.....

NOT FOR PUBLICATION

ANNOUNCEMENT: Ten menus and two recipes today. Enough to satisfy the most enthusiastic of homemakers. Menus and recipes from the U. S. Bureau of Home Economics.

---ooOoo---

The other morning, while I was ironing, my Next-Door Neighbor came in for a chat. I had just put a new unbleached muslin slip cover on the ironing board, when she entered my kitchen.

"Aunt Sammy," she began, "will you do me a favor?"

"Certainly," I said, "provided I can grant your favor and do my ironing at the same time."

"That's all right," replied my Neighbor. "While you do your ironing, I'll make the buttonholes in your green and white smock."

"Agreed," said I, knowing all the time that if I left the smock in the most comfortable chair in the kitchen, some kind person would take the hint, and offer to make the buttonholes.

"The favor," said my friend, "is this. Please give me a few suggestions for Sunday night suppers. Last Sunday Cousin Amaryllis invited me and two others to eat supper with her.

"I accepted with pleasure. I hurried with my dinner work, so that I might have time to do the dishes and curl my hair before going visiting. My chicken dinner was a good one, if I do say it myself. I had baked chicken, dressing, gravy, mashed potatoes, buttered carrots, spinach, and cream pie. Well, I curled my hair, and powdered my nose, and went to visit Cousin Amaryllis. She greeted me kindly, told me to have a chair in the parlor, and make myself at home, while she got supper. After a while the other guests arrived, and we entertained ourselves for two hours, while Cousin Amaryllis was in the kitchen. And what do you think she had? A regular banquet! Beginning

with fried oysters, accompanied by creamed potatoes, asparagus, hot muffins, and several varieties of pickles and jelly, and cocoa. That course was followed by a banana salad, and that was followed by apple pie with whipped cream, and that--"

"Stop!" I cried. "You don't mean to tell me that anyone would serve such a hearty meal as that on Sunday evening!"

"The end is not yet," said my neighbor. "The apple pie with whipped cream was followed by Rouquefort cheese and crackers. I was positively weak," she concluded, "when Cousin Amaryllis finally passed salted nuts and candy. Look, Aunt Sammy! You've scorched your tablecloth!"

"Your fault," said I, "for getting me so worked up. It's only a slight scorch. I'll moisten the cloth, and hang it in the sun to bleach."

"Now," suggested my neighbor, "if you will plan ten suppers, so I won't get into a rut with my meals, I'll work all the buttonholes."

"Agreed," said I. "A little cooperation goes a long way. I want to get my smock finished by Sunday, because I'm going to invite you and a few friends in for toasted cheese sandwiches and cocoa, and I think a green and white print smock will add much to the informality of the occasion, not to mention being almost as springlike as an Easter bonnet.

"To begin with, who wants an elaborate supper on Sunday night? Surely no one who has had a substantial meal early in the afternoon. A snack from the ice box, already prepared, is often enough to satisfy the hunger. Of course, if you have been strolling in the country, or riding in the fresh air, you may be hungry enough for a hearty meal Sunday evening. If you are inviting guests, you will want to plan a menu beforehand, but keep your menus simple, and easy to prepare, for we do not want to spend our Sundays in the kitchen."

"That's a good start," encouraged my Neighbor, "now let's have some menus."

"Very well. I'll give you a list of well-balanced menus which can be used for suppers, or for lunches, any day in the week. You may stop sewing long enough to write them down: (Read slowly)

Menu Number One: Cold chicken, creamed potatoes, bread and butter; canned peaches and sponge cake.

Number Two: Corn chowder; crackers; egg salad with lettuce; graham bread; and stewed prunes with cream.

Menu Number Three: Omelet with Spanish Sauce; baked potatoes; and apple turn-overs.

Menu Number Four: Fried brains and eggs; hot scalloped apples; hot biscuits and honey.

Number Five: Creamed finnan haddie on toast; stewed tomatoes and celery; buttered toast; applesauce and doughnuts.

Number Six: Cheese souffle; hot or cold slaw; cranberry muffins; and cocoa.

Number Seven; Oyster stew with crackers or toast; Pumpkin pie.

Number Eight; Creamed eggs on toast; fresh sliced tomatoes; gingerbread and whipped cream; and cocoa.

Number Nine: Stuffed eggs; buttered peas; graham muffins; stewed rhubarb and cookies.

"There you are," I concluded, "nine menus, for suppers or lunches. Is that enough?"

"It's enough," said my neighbor, "but I'd like to have one more. Give me a good luncheon menu, for a man who likes meat and vegetables, and is rather fussy about his desserts. The man I have in mind is very fond of blackberries, for instance, but he won't eat blackberries, because he doesn't like the seeds."

"I see," said I. "That's a subtle way of asking for blackberry dessert which has all the blackberry flavor, without the seeds. Let's see what I can plan for you. Why not have Savory Meat on Toast; spring onions or lettuce salad; and Blackberry Flummery.

"I'll give you recipes for Savory Meat on Toast, and Blackberry Flummery.

Savory Meat on Toast, first: Seven ingredients:

1 pound shredded lamb, beef or pork
4 cups celery tops, chopped fine or 2 cups celery and 2 of chopped leaves.
1 teaspoon salt
2 tablespoons flour
2 tablespoons butter
1 tablespoon shredded onion
2 cups canned tomato juice, strained

Count your ingredients, please, and see if they are seven: (Repeat)

Shred the meat into small pieces. (Scissors are very convenient for shredding the meat.) Brown the meat in its own fat in a frying pan. Add the celery tops, onion, and salt. Cover and cook for about 10 minutes. Add the flour and butter mixed together, and the tomato juice, stir until thickened, and there is no starchy flavor. Serve the savory meat on

slices of delicately browned toast. Fried noodles or French fried onions sprinkled over the top just before serving are an attractive addition.

If you serve onions with the main dish, you won't want fresh onions. Lettuce salad, or some other fresh vegetable salad, will be good with the meat.

The Blackberry Flummery, as I said before, has all the blackberry flavor without the seeds. Five ingredients, for this delicious dessert:

2 cups blackberry juice from canned or cooked fresh blackberries
1/2 cup sugar (if juice is unsweetened)
3 tablespoons farina, or 4 tablespoons cornstarch
1/4 teaspoon salt
2 teaspoons lemon juice

Five ingredients. I'll read them again: (Repeat)

Heat the blackberry juice. Mix the sugar and the farina or cornstarch and the salt, and add to the blackberry juice. Cook in a double boiler for 15 or 20 minutes, or until the mixture thickens and the raw starch taste disappears. Remove from the stove, add the lemon juice, and beat well. Serve the flummery cold with top milk or plain or whipped cream.

"That's just what I want," said my Neighbor; "Savory Meat on Toast; fresh green onions, or lettuce salad; and Blackberry Flummery. I shall go home now and prepare a flummery for lunch."

With that, she folded the smock neatly in the sewing backet, gathered up her recipes, and left me to my ironing. While I ironed, I planned a dinner menu, which I shall broadcast to-morrow.

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UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

PROGRAM..... RELEASE.....

Housekeepers' Chat Mon., Mar. 28.

NOT FOR PUBLICATION

ANNOUNCEMENT: Suggestions on child training comprise the greater part of today's program. Menu and other information approved by the U. S. Bureau of Home Economics.

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Some one wrote me, not long ago, that I seemed to enjoy planning the Housekeepers' Chats. That is true. I also enjoy reading the thousands of letters which come from all over the United States and Canada in response to the Chats. One day last week, without making any attempt to sort the mail, I had in my hand at one time letters from Portland, Maine; Stockton, California; Saskatchewan, Canada, St. Louis, Missouri; and Fort Worth, Texas.

My listener in Stockton, California, has a six-year-old son, named Billie, who is just recovering from measles and whooping cough. Let me quote a paragraph from this letter:

"Dear Aunt Sammy: Billie looked for you each morning when he was ill. When there was anything new on the table, he said, 'Is this Aunt Sammy's?' He was just six in February, so you see you are quite popular with all ages. He also says, 'Well, Aunt Sammy told me to eat this today.' So now he eats more green vegetables, as he heard your talk that morning on children."

This letter gave me an idea. Do you want me to broadcast a talk to six-year-olds this spring, and tell them what to eat, and why? As you know, sometimes the words of a person outside the family have considerable weight with children.

The little boy I mention occasionally was also six in February. I learn a great deal from Billie. Saturday afternoon I overheard him talking to a young playmate.

"The trouble with women," said Billie, philosphically, "is that they won't ever let you do what you want to do."

"Yes," replied the other little boy, very soberly, "and they don't keep their promises the way they want their 'kids' to."

Their childish wisdom set me to thinking. Children have so much faith in grown people. It's a pity that we lose their confidence sometimes by telling half-truths, and by evading their questions. The children's conversation reminded me of a story which came from the University of Maine. Dear me! It's about spinach, and I had mentally vowed not to mention spinach again for a week, even though it is a most commendable vegetable. Forgive me, please, for I must read the article:

"Children's choice of food should be guided by parents, but this should not mean that truth is sacrificed. Tactful explanations of the natural benefits of healthful food will accomplish satisfactory results for children who have confidence in their parents' word. This confidence is the most precious bond between parent and child. Protect it.

"Judith disliked spinach. She declared with all the vehemence that is permitted a six-year-old that she just hated spinach, that it was bitter, and that it tasted like 'horrid old grass.' Not even when the spinach was fortified by special dessert, could she forget this comparison. Her aversion was quite sincere.

"But Judith ate spinach. She ate large dishes of it, whenever it appeared on the table, and even fragments salvaged from the kitchen, after the table was cleared. She ate it bravely, persistently, and hopefully, for Judith's life ambition was to have beautiful curly hair like Marion's, and Judith's mother had told her that the whole question of curly hair was a matter of eating spinach. This had been explained in detail so many times that Judith had quite a mental picture of the bitter spinach juice working its way up to her head, and wrinkling the hairs inside so that they would grow out in curls.

"One day after lunch, Marion of the coveted golden curls, came over to play with Judith. In the midst of their play Judith suddenly paused and eyed Marion for a moment.

"'I know how your hair got curly,' she said. 'From eating spinach.'

"'No sir! We don't have spinach at our house. My daddy doesn't like it.'

"'Then how did your hair get curly?'

"'It was born that way,' answered Marion grandly.

"'Well, my mother told me that my hair will get curly if I eat lots of spinach.' Judith held up a dark wisp of her straight bobbed hair, and said, 'See, it curves a little on the ends.'

"'Pooh!' said Marion, who was two years older. 'That's nothing! And I don't believe it about the spinach!'

"'We'll ask teacher tomorrow', said Judith. 'Then you just wait and see! My mother wouldn't tell a lie.'

Next day after school, Marion, the braver of the two, approached the teacher.

"'Miss Thomas,' she said, 'will eating spinach make your hair curly?'

"'Hardly,' said the teacher.

"That day at lunch Judith pushed back her dish of spinach. 'Mother,' she accused, 'I've found out that it isn't true about making my hair curly. Mother, it isn't true! It's a - it's a - lie!' and Judith began to cry.

"It took many days and much diplomacy to form even a thin covering of healing over Judith's wounded feelings. Her mother had broken her own commandment about telling the truth. Being a child, Judith did not reason this very far, but being a sensitive child, she felt vaguely the injustice of grown-up standards."

That concludes the article. The moral is obvious.

While we're on the subject of children, I want to tell you about a child in our neighborhood whose mother has much difficulty in getting him to bed. Almost every night, unless Robert is too worn out to struggle, he fights against going upstairs in the dark. The mother's methods of discipline are equal to the methods of torture used during the Spanish inquisition. I was visiting her the other night when Robert begged to stay up.

"It's long past your bedtime," said his mother.

"Just a little longer," pleaded the child, glancing uneasily toward the stairway.

"Robert!" warned his mother, "do you remember the policeman we saw on the corner, the policeman with a club? You get right upstairs, or I'll call him!"

I won't describe the scene which followed, but perhaps you can imagine it. I left as soon as I could, after giving a little advice which was not appreciated. You know how it is-- telling other people how to bring up their children is a very precarious business, if you aren't exceedingly tactful.

If Robert's mother were only a little wiser, she would realize how dangerous it is to control a child by fear. Listen to this statement, from Dr. D.A. Thom, of Boston:

"Emotions in children are not to be toyed and played with. It is less dangerous to experiment with the child's eyes, or his ears. Fear is an emotion that can be stimulated in so many ways, and has such far-reaching effects, that parents need ever be on their guard. Mental clinics offer almost daily evidence of the damaging effect of some infantile fear, on human happiness and efficiency. It is extremely unfortunate that many children are disciplined by means of fear. It is either the dog, or the dark, the soldier, or the bogey-man, or other imaginary beings who are going to carry them off if they are not good. Some parents are always going to give their children away, or go off and leave them.

"All these threats do one of two things. The children either learn by experience that the threats are but idle prattle, which gives tham an undesirable standard to imitate, or the threat leaves an impression which is always associated with an unpleasant emotional tone, frequently expressing itself in unpleasant, even damaging, manifestations in later life. Do not cheat the child by making him promises which you have no intention of carrying out, and do not get the whacking and slapping disease, for soon promises and whacks lose their meaning.

"Cheating and frightening, and bribing are all short-sighted methods, often used to the detriment of the child's welfare. Few children are insensitive to praise or blame-- lead them, don't push them."

There, I wish Robert's mother might have heard that. Perhaps she would take a little more time to get acquainted with her son, find out why he dislikes going to bed in thedark, and what he is afraid of. Unless she does give him a little more attention, I am afraid Robert is in for a serious mental upset.

I should like to spend all my time talking about children today, but perhaps some of you would be disappointed at not getting a menu. So, and therefore, let's have a menu. How about a baked dinner? We can bake everything but the salad, and the dinner can be prepared in a "jiffy:" Baked Pork Chop with dressing; Baked Sweet Potatoes; a salad of spring greens; Muffins; Baked Apples, and Sponge Cake.

For the pork chops, make a stuffing as you would for chicken, and place a spoonful on each chop. Bake the chops, reducing the temperature to moderate after the chops are well seared. Baste as needed, with a little fat and hot water.

That disposes of the meat. Even a new housewife knows how to bake sweet potatoes, and apples, and muffins, so I won't go into detail about those simple foods.

The sponge cake too, is very easy to make. So there you are, with a baked dinner complete; Baked Pork Chops with Dressing; Baked Sweet Potatoes; Waldorf Salad with Cooked Dressing; Muffins and Butter; Baked Apples; and Sponge Cake.

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UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

PROGRAM Housekeepers' Chats RELEASE Tues., Mar. 29

NOT FOR PUBLICATION

ANNOUNCEMENT: A brief essay on sponge cakes, answers to questions, and a supper menu comprise today's program. All information approved by the U.S. Bureau of Home Economics.

---ooOoo---

Last night I had a telephone call from a young housewife who took me to task for my statement yesterday about sponge cakes.

"What do you mean," she asked, "by remarking so casually that a sponge cake is easy to make? I have never made one yet that was anything but a flat failure."

In order to appease this young women, I promised to give a little lecture today entitled "Sponge Cakes, and How to Make Them." Perhaps other homekeepers will be interested in my directions, for surely a light and delicate sponge cake is worth striving for.

In the first place, a sponge cake is a cake made without fat, and without liquid. Eggs supply the liquid in these cakes, and serve as a means of adding air for making the cakes "light," or for leavening. Lemon juice or cream of tartar is added, because the acid affects the egg in such a way as to make the cake more tender. Fine, soft-wheat flour gives best results in cakes of this type.

I shall give you the ingredients for a simple sponge cake, and then tell you how to combine them. Six ingredients, for this cake:

1 cup sifted soft-wheat flour
4 or 5 eggs
1 cup sugar
1/2 teaspoon salt
3 teaspoons lemon juice
1/2 lemon rind grated

Do you have six ingredients? I'd better repeat them, to make sure:

(Repeat ingredients).

Now, because of their delicate texture, sponge cakes require more careful mixing and baking than other cakes. Add the sugar to the beaten

egg yolks. Then add half the salt to the sifted flour. Add the other half of the salt to the egg whites, and beat them stiff. Fold them into the mixture, and add the flavoring last. For beating the egg, a dover beater gives satisfactory results, and requires less time, and energy, than a wire whisk. Pour the batter, as soon as it is mixed, into smooth, ungreased baking pans. Did everybody hear that? Do not grease the baking pans.

For a large or medium-sized loaf a tube pan is best, because the center opening allows the mixture to heat evenly. Powdered sugar may be sifted over the top to make the crust more crisp. The oven should be ready for the cake as soon as it is mixed and in the pan. A large or medium-sized sponge cake should be baked slowly at about 325° F., small cakes at somewhat higher temperature, or about 340° F. When the cake is done, it will be lighter if broken apart with the fingers or a fork, than if cut with a knife.

There, that's all there is to making a sponge cake, and I still maintain that a sponge cake is easy to make--if you have accurate directions, and bake it slowly in a moderate oven.

The questions today are of a miscellaneous nature.

First question: "What does grapefruit contain that makes it a valuable food?"

Grapefruit is a good source of at least two vitamins, B and C, which help to prevent certain so-called "deficiency" diseases. The pleasant aromatic odor of grapefruit also literally makes the mouth water, for it starts the flow of digestive juices, and the acid that gives the tart flavor helps the food to move through the digestive tract in a healthy way.

Second question: "When is the best time to put eggs into water glass for home use?"

March and April are the two best months for putting up eggs for home use. Eggs are then of best quality and are lowest in price. If eggs are preserved later than this, infertile ones should if possible be chosen.

Third question: "What is a reliable home method of preserving eggs?"

A good method of preserving eggs is to put them in a clean stone crock and cover them with a solution of so-called "water glass." The concentrated water-glass solution may be bought at the drug store. One part of this should be mixed with 9 parts water which has been boiled and cooled. Stir this mixture well and pour it over the eggs.

Fourth question: "The waffles stick in my electric waffle iron. Should I grease the iron?"

No. An electric waffle iron should never be greased. Perhaps your waffles stick because you have not put enough melted butter or other shortening into the batter. One or two extra tablespoons of melted shortening in the

batter will often keep waffles from sticking in an electric iron. Also when the waffle is brown and crisp and ready to take out of the iron, jab a fork firmly into it and lift the waffle straight up. If you work around the edges with a knife attempting to loosen it in that way, the waffle will break and be almost impossible to get out whole.

Next question: "Can you suggest ways in which I can get my six-year-old daughter to take the milk I am sure she needs?"

Get some drug store "straws" and let her sip her milk through one of these occasionally. Make a milkshake once in a while with fruit juice or cocoa as the flavoring. Also try milk-vegetable soups. So many kinds of vegetables can be used in this way that you can get many different flavors. Cook her cereal in milk instead of water. Milk toast and a simple milk-cereal pudding vary the monotony also. Make junket now and then with a flavoring she likes or serve it with crushed fresh or canned fruit. Custards, soft, baked, or boiled, are another good way. Try all these methods of hiding the milk but do not overwork any one until the novelty wears off.

Last question for today: "I have heard that certain foods should be eaten to 'stir up' a sluggish liver. Is this true?"

It is commonly believed that many ills are due to a sluggish liver, and that these ills can be overcome by eating spinach, onions, rhubarb, and other foods said to be especially good for the liver. The apparent beneficial effect of these foods is probably due to the fact that they are mildly laxative. Nutrition specialists now believe that the ills ascribed to a disordered liver, are really due to intestinal disturbances. Most of these ills would be avoided if the diet were well chosen, and if various health habits were established which would do away with constipation. The Department of Agriculture has two or three bulletins containing information on proper diets, and how to choose them. There is also a bulletin which helps considerably in planning meals. These bulletins are free.

Now let's see how you like the supper menu I have planned. I must admit that it is not my own idea, but that of a friend whose guest I was recently. The menu is Toasted Cheese Sandwiches with Tomato Sauce; Vegetable Salad; and Sponge Cake. Please forget that I had sponge cake on the menu yesterday, because I have a new way to serve it, and I want to tell you about it now. Besides, it wouldn't be a criminal offense to serve sponge cake two days hand-running, if it was good sponge cake.

First, though, let's take up the main dish -- toasted cheese sandwiches with tomato sauce. Make ordinary sandwiches of buttered bread and slices of cheese. Season with a little mustard, or a dash of cayenne, if you like. Brown the sandwiches in butter in a chafing dish, directly over the flame, or use an electric grill, or toast them in the oven. When the sandwiches are nicely toasted, and ready to serve, pour around each serving a sauce made of canned tomatoes. You've no idea how good the toast, cheese, and tomato combination is till you've tried it. Instead of making a regular tomato sauce, the receipe for which I gave you some time ago, you might use

stewed tomatoes, and cook a little chopped green pepper and onion with them.

Make the salad of whatever salad vegetable you have left from dinner.

If you are short on vegetables, slice two or three hard-boiled eggs, and add to the salad. Combine the vegetables with mayonnaise, sprinkle with paprika, and garnish with the eggs. A tender stalk of celery adds to the crispness of the salad .

Next, the dessert. Cut the sponge cake, or any other plain cake, into pieces, heap with a spoonful of whipped cream, and into the whipped cream press half a canned peach or apricot, or a spoonful of berries.

Let's repeat the supper menu: Toasted cheese sandwiches with tomato sauce; vegetable salad; and sponge cake with whipped cream and fruit.

I have an alluring dessert for you tomorrow-- a chocolate souffle which comes to me with the highest recommendations. Another recipe for the cookbook.

By the way, a friend in New York City writes me that she is so proud of her radio cookbook that she has dressed it up in a new leather cover. Another friend writes that she took a page of the radio cookbook to her local printer, and using this page as a pattern, he cut some blank pages and punched them to fit the cookbook cover. Whenever this friend clips a particularly good recipe from a newspaper or a magazine, or when a neighbor sends her an old favorite, whe pastes these recipes on the blank pages in her cookbook and keeps them all together, in a neat form. It really isn't "Aunt Sammy's" cookbook them, but I don't mind. It has the personal touch that makes it more valuable.

If you do not have a copy of the radio cookbook, please write to me and I shall be glad to send you a copy

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UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

PROGRAM..... RELEASE.....

Housekeepers' Chat Wed., Mar.30

NOT FOR PUBLICATION

ANNOUNCEMENT: In today's program there are notes on interior decorating for the home, and exterior decorating for the person. Also a menu, and a delicious recipe for Chocolate Souffle. All information approved by the U. S. Bureau of Home Economics.

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Here it is, the last day of March. Did you ever know a month to go as fast as this one has? It seems only a few days since I broadcast a Washington's birthday dinner, and now I'm thinking of an Easter dinner.

However, before I go into detail about menus, there are questions to be answered.

First and foremost: "What are some good fabrics for summer curtains?"

Fabrics which will not fade are best for summer curtains. If the furnishings of the house are simple, inexpensive cotton materials such as ubleached muslin, crepe, gingham, English prints, and cheesecloth are suitable. Linen, either dyed or in natural colors, cretonnes and chintzes in various colors and patterns are also appropriate, and go well even with fine mahogany and walnut furniture.

Fabrics and colors that will clean well and withstand light are the best bargains in the end. Examine curtain materials also for defects in the weave that may show up when the curtains are hung.

With figured wall paper, choose plain-colored curtain material. If the walls and most of the furnishings are plain, the curtains may be figured, but preferably with the background the same color or slightly deeper than the walls. With cream walls, for instance, a cretonne with soft tan background and figures that repeat the colors used elsewhere in the room might be suitable for living and dining rooms.

In selecting figured materials choose conventional designs that will stand the test of being looked at, day after day.

Sprawling designs make the window look shorter and broader. Stripes tend to increase the height, and if used in excess, give a stiff, uncomfortable effect.

[illegible]

[illegible] decorating [illegible] also a room, and [illegible] selection approved by the [illegible]

[illegible]

[illegible], the last day of [illegible] over been a month to go [illegible] seems only a few days since I brought a [illegible] birthday [illegible], and now I'm thinking of an older sister.

However, [illegible] I'll also [illegible] mean. There are questions to be [illegible]red.

[illegible] "What [illegible] fabrics [illegible] curtain[illegible]"

Fabrics which will not fade are best for window curtains. [illegible] the [illegible] age of the house are [illegible], linen, [illegible] cotton materials such as [illegible] muslin, crepe, [illegible], English [illegible], and cheesecloth are [illegible]. Linen [illegible] dyed or in natural colors, retainers and [illegible] in varied [illegible] and [illegible] patterns are also appropriate, and [illegible] with [illegible] and various furniture.

[illegible] and [illegible]. What will look well [illegible] the [illegible] curtain [illegible] in air [illegible] curtain [illegible].

With figured wall paper, [illegible] contrast curtain material. If the walls and rugs or the [illegible] curtains may be [illegible], but [illegible] with the wall [illegible] with [illegible] rugs [illegible] in the [illegible] rooms.

In a closet [illegible] the [illegible] result is that will [illegible] the text or being [illegible].

Sparkling design's make [illegible] stripes tend to increase the bad [illegible] a child, [illegible] side effect.

Measure the windows with care before buying the material, and measure and cut the material, by a thread if possible, before making up the curtains. Accuracy in cutting and neat sewing go a long way toward insuring well-hanging curtains.

Question Number Two: "What type of sleeves is most becoming for a person with fleshy arms?"

The loosely fitted, long sleeve is most becoming for fleshy arms. A tight sleeve on a large arm emphasizes its size. It is also uncomfortable. Loose sleeves which are open at the wrist are graceful as well as comfortable. Trimmings and construction lines which follow the length of the arm, such as bound slashes, bands of material, rows of buttons, etc., are aids in making the arm seem longer and more slim. Sleeves gathered into a tight cuff with a puffed effect, should never be worn by the stout woman. In fact, it is best for her to keep the sleeve as simple and as graceful as possible.

Third question: "Does the texture of a garment have anything to do with the apparent size of a person?"

Indeed so. Texture is a very important consideration when choosing materials for a garment. This is especially true in regard to stout figures; shiny fabrics, even though they are black, seem to increase the size of the wearer. Coarsely woven, thick, or fuzzy materials increase the apparent bulk of the figure. Soft, clinging materials should be chosen for the plump person rather than those which are stiff, such as organdie and taffeta. These may be worn by the more slender, youthful figure. Color, although not a texture, is another important factor. Light and bright colors tend to increase the size while dark neutral colors decrease the apparent size of the wearer.

Fourth question: "How can I determine what colors are most becoming to me?"

One very effective method is to drape materials of various colors and textures about the shoulders while standing before a mirror in bright daylight. If the dress is to be worn in the evening, artificial light should be used. As each color is tried, study the effect it has on the color of your eyes, your hair and your skin. If your skin tends to be sallow, you will notice that lavenders and purples make it appear more sallow. Shades of rose and reds are somewhat more becoming, because some of the color is reflected in the skin. Some of the greens, especially blue greens, will bring out the red that is in the skin. Colors may also be chosen that will emphasize the beauty of the hair and the eyes.

One more question, a very practical one: "How should carpet sweepers be cleaned?"

A good method is to empty the box on a damp newspaper, and use old scissors and a buttonhook, or a corase comb, to remove hair and dirt from the brushes. And don't forget to oil the bearings once in a while.

R-H.C. 3/30/27

Pencils now please, while I d iscuss plans for dinner. How is this: Creamed Eggs; Baked Irish or Sweet Potatoes; Spinish; and Rhubarb Pie.

I expect that everybody knows how to prepare creamed eggs. Simply make a white sauce of milk, flour, butter, pepper and salt, and add the whites of hard-cooked eggs. Over this sprinkle the egg yolks, which have been forced through a sieve. Put a dash of paprika on top. If you are in a hurry, you might chop the whole eggs, into the white sauce.

I hope you can get fresh rhubarb for the pie. It doesn't take much -- just three cups, sliced, and it will taste so refreshing! It has a little fresh orange in it.

Seven ingredients for the pie:

3 cups raw sliced rhubard
1 cup sugar
1/2 teaspoon salt
1 tablespoon water
2-1/2 tablespoons flour
3 slices orange cut into sixths
Pasty dough for 2 crusts

I'll run through the ingredients atain. Be sure there are seven:

(Repeat)

Line the pie pan with pastry dough and bake it in a hot oven until it is delicately browned. Meanwhile cook the rhubarb, sugar, salt, and water together until the rhubarb is tender. Remove 3 or 4 tablespoons of the juice and when it is cool, mix with the flour, add this and the orange to the baked crust, moisten the rim, lay the top crust in place, and tuck in the edges carefully so that the juice will not leak out. Bake the pie in a hot oven (about 450° F.) for 20 minutes. By this method the under-crust is crisp, but some of the fresh flavor of the rhubarb is lost.

To repeat the menu: Creamed Eggs; Baked Irish or Sweet Potatoes; Spinach; and Rhubarb Pie. And I can't help adding, cook your spinach only ten or fifteen minutes, in the water that clings to the leaves. Then it will look and taste like fresh spinach.

Now, since I promised it to you, I shall give you my recipe for delicious Chocolate Souffle, with nine ingredients as follows:

1/2 cup sugar
1/2 cup fine stale bread crumbs
1 tablespoon flour
1 tablespoon butter
1/4 teaspoon salt
3/4 cup milk
4 eggs
1/2 teaspoon vanilla
1-1/2 square chocolate, unsweetened

[illegible] pieces, while I'd [illegible] for dinner. How is this [illegible] Irish or Dutch Potato? Or [illegible] and Mudbug Pie.

I expect that everybody knows how to prepare a cleaned egg. Simply [illegible] white [illegible] of milk, flour, butter, pepper and salt, and add the [illegible] egg. Over this sprinkle [illegible] egg yolks, which have [illegible] a slave. Put a dab of [illegible] on top. If you are in a hurry, [illegible] the yolks into the white [illegible], into the white sauce.

[illegible] on a [illegible] French [illegible] for it [illegible]. It [illegible] takes much — [illegible] Albert, [illegible] it will [illegible] a refreshing! It has a little [illegible] a lift.

[illegible]

[illegible]

3 cups [illegible]
[illegible]
[illegible]
1 tablespoon water
3-1/2 tablespoons flour
3 slices [illegible] out [illegible] minutes
Pinch [illegible] 2 [illegible]

[illegible]

(Dr[illegible]

Take the [illegible] pretty [illegible] it is a hot oven [illegible] it is [illegible] [illegible] water [illegible] the rhubarb is boiled, remove 3 or [illegible] to [illegible] [illegible] it is so cool, mix [illegible] the [illegible] [illegible] place, [illegible] the edges carefully so [illegible] the juice will not boil out. Bake [illegible] in a hot oven (about 450°F.) [illegible] minutes. By [illegible] and [illegible] [illegible] is done, but some [illegible] flavor of the [illegible] is [illegible]

To [illegible] Dr. [illegible] Dr. [illegible] Bakes Irish or [illegible] Potatoes; Spinach; and Mudbug Pie. And I [illegible] Mudbug [illegible], [illegible] a [illegible] only bun or [illegible] the water that [illegible] [illegible] Then it will [illegible] [illegible] [illegible].

Now, since I [illegible] it [illegible], I would give [illegible] [illegible] Delicious Chocolate [illegible], [illegible] ingredients [illegible] [illegible]:

[illegible]
[illegible] 1/4 teaspoon [illegible]
[illegible] 1/4 cup [illegible]
[illegible] 4 eggs.
[illegible] 1/2 [illegible] vanilla
1-1/2" square chocolate [illegible], [illegible] [illegible]

Nine ingredients, please check them: (Repeat ingredients).

Mix the flour and butter. Add the milk, and stir over heat until thickened. Melt the chocolate over steam, and add to the cream sauce, with the salt, bread crumbs, sugar, and well-beaten egg yolks. Beat well. Fold in the well-beaten whites of the eggs. Pour into a greased pudding dish and bake in a moderate oven (325° F.) for 1 hour, or until well set in the middle. Serve hot with hard sauce or whipped cream.

That's all for today, and I hope you like the Rhubarb Pie and the Souffle.

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UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

PROGRAM Housekeepers' Chat RELEASE Thurs., Mar. 31.

NOT FOR PUBLICATION

ANNOUNCEMENT: The menu today is an old favorite, dressed up for spring - Liver and bacon and fried onions. The recipe for crusty cornbread is from the U.S. Bureau of Home Economics.

****

The other day Fred came home from high school and found me standing pensively by the window.

"A penny for your thoughts, Aunt Sammy," said he, tossing a Latin textbook on the table.

"Don't let me rob you," I answered. "I have no thoughts, I'm trying to plan an unusually good meal for these early spring days, something everybody will like."

"Why not let me plan a meal," suggested Fred. "It might not please the women, but I bet the men would be keen about it. Give me leave?"

"Gladly! What would you have?"

"Livernbacon," said Fred, in one word. "I'd have livernbacon, and fried onions, and if any silly girl came around and turned up her nose at my livernbacon and fried onions, I'd let her starve! "

"Why, Fred!" I remonstrated. "Girls like onions!"

"Maybe so," said Fred, "but they always pick 'em out of potato salad. Anyway, I'd have livernbacon and fried onions, and string beans, and mashed potatoes, and bread and butter," and---"

"Very good," I said. "How about some fruit? It's most important, this time of the year."

"I'd have grapefruit," said Fred, "notched around the edges the way we had it at our freshman banquet. Each of us had half a grapefruit, cut around the edges like a saw, and in the middle of each grapefruit there was a bright red cherry."

"That is nice," I replied, "when one has time to notch the grapefruit. The center might be filled also with a strawberry, or a little chopped crystallized ginger."

"Anything like that," said Fred. "Well, now let's drive down to the city market, and see what's new in liver. I'll let you ride in my car", he said magnanimously, "if you will promise not to make fun of it."

In three minutes we were on our way to town in the dilapidated collection of machinery that Fred calls his "car." And in a few minutes more we were at the market.

"Something in meat?" asked the man behind the counter.

"Yes," said Fred, looking very business-like, "how's your liver?"

"Fred!" I whispered. "Don't say that!"

"I mean," said Fred, blushing,"I mean-- my Aunt Sammy wants to look at your liver!"

With that break, Fred dashed away, and I was left to transact my business alone.

"The young gentleman seems a bit confused," said the man behind the counter, smiling, "but I gathered that you were interested in liver."

"Yes," said I. "What do you know about liver?"

"Lots of women are buying it," said the man, "and why not? Liver is one of the most important meats, in regard to the protein and calories it furnishes the body, ranking with round and sirloin steak in these constiuents. It is also a splendid source of vitamins. Dr. Sherman of Columbia University tells us that liver contains three vitamins -- A, B, and C. It is worth while, he says, to realize that the nutritive value of liver is higher than that of ordinary meats because of this vitamin content, and to see that liver is utilized fully as human food. Liver is a rich source of Vitamin A, sometimes called the growth-promoting vitamin, and for that reason it is valuable in the diet of children. It is also a good source of Vitamin B, and a fair source of Vitamin C, both of which aid in preventing certain diseases which develop if these vitamins are lacking in the diet. Recent experiments have also shown it to be one of the most valuable sources of iron, in cases of anemia. Housewives should encourage a taste for liver, and serve it fairly frequently. As it is usually accompanied by bacon, and often by fried onions, these somewhat pronounced flavors help to modify the characteristic liver flavor for those who would not like it otherwise."

"You seem to know a good deal about foods," said I.

"Yes," replied the man, "I am making a special study of meats. I have found that there is no distinction made between the food value of various kinds of liver-- beef, calf, lamb, and hog. Chicken liver is still higher

in protein than the others, but it is seldom one has enough chicken livers on hand to make a dinner of them, unless the local market sells separate parts of chicken by the pound. Beef liver is lower in price than calf liver, but it is just as tender and palatable, when properly prepared. Lamb livers are sold whole, rather than by the pound. They are difficult to find in the average market, unless lambs are slaughtered nearby. I have some very fine beef liver today. Would you like some beef liver?"

"Yes," said I, "and please cut it for me, in rather thin slices." The man sliced the liver for me, and I left, to find Fred and get home in time to prepare dinner.

Take your pencils please, now, so we can get the menu in logical order; Liver and Bacon; Fried Onions; Mashed Potatoes; String Beans, fresh or canned; and Grapefruit.

I'll give you directions for cooking the liver and bacon first.

Allow one or two thin slices of bacon for each person. Use a broad iron skillet, and cook the bacon over a slow fire, watching it to prevent scorching or uneven cooking. Take the bacon out, and drain it the moment it is delicately browned and crisp. If you leave the bacon in the fat, it will be greasy.

While the bacon is cooking, wipe the liver. Remove the outer skin and veins if you wish. Many cooks pour boiling water over beef liver to draw out any blood remaining on it. Hog and lamb livers are improved by scalding. Beef and calf livers are good either scalded or unscalded. Sprinkle each piece lightly with salt and, if you use it, a little pepper. Dip in flour, and cook in the bacon fat as soon as the bacon is done. Keep the fire low, and cook the liver slowly. A hot fire makes the meat dry and leathery, and the edges often scorch. If the fat scorches it will not be good when you come to make your gravy. If you want fried onions with the liver, they may be cooked at the same time. Cut the onions in thin, round, slices. When the liver is tender and golden brown, take it from the pan, and keep it warm while you make the gravy. Strain the fat, and then take 2 tablespoons of it and mix with about 1-1/2 tablespoons of flour. There will be some flour already in the fat, since the liver was floured. Use a cup of milk to mix with the fat and flour, and cook the gravy until smooth. Season with salt and pepper. If you prefer, pour the gravy over the liver, or serve it separately. Garnish the dish of liver with the bacon and perhaps a bit of parsley.

Though Fred didn't say so, I knew he'd like some of his favorite crusty cornbread with this dinner. And since it was his dinner, I decided to surprise him with cornbread straight from the oven. I've told you before how I make cornbread, but perhaps some of you missed the recipe. Here it is, the recipe for cornbread, with seven ingredients:

2 cups corn meal
2 cups sour milk
1/2 teaspoon soda
2 teaspoons baking powder
2 teaspoons salt
2 eggs
2 tablespoons melted butter

I will repeat the ingredients. (Repeat)

Sift the dry ingredients. Add the milk, and the soda, which has been dissolved in a small quantity of hot water. Add the well-beaten eggs, and the butter. Pour into a very hot, well-buttered, pan. Bake from 40 to 50 minutes, at a temperature from 400° to 450° F.

That completes the menu: Liver and Bacon; Fried Onions; Mashed Potatoes; String Beans, Fresh or Canned; Hot Corn Bread and Butter; and Grapefruit.

That is the menu I served one evening last week, and it was a very popular one. Fred ate more liver and bacon than anyone else, and he didn't exactly stint himself on the cornbread and butter.

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